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Sports pg 20

McDowell takes U.S. Open by one

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pg 26

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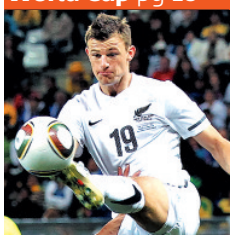
Snoops poke into tax files

World Cup pg 18



Kiwis hold Italy to draw

Entertainment pg 24

Hedley, Bieber top MMVAs

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CFL Empire strikes back

JEFF HODSON/METRO VANCOUVER

About 24,500 people take in the preseason Canadian Football League game yesterday between the B.C. Lions and Edmonton Eskimos at a new temporary stadium at Empire Fields in East Vancouver. **Story and photos, pg 5. Game coverage, pg 20.**

Wanted: Zesty street eats

City seeking applications for vendor carts at 17 new locations

JEFF HODSON
jeff.hodson@metronews.ca

Vancouver wants to add some zest to its street cuisine — salmon, tacos, Korean BBQ, anything but hotdogs.

For the next week and a half, the city is accepting applications for new food carts at 17 locations.

"We have such a vibrant city with such a huge, multicultural food culture here," said Coun. Heather Deal, who first proposed expanding the food vending program in 2008.

"Having that (food culture) not reflected in the streets was frustrating for me, because one of my favourite things is a lively street scene.

"I want to hear music. I want to see great food. I want to see people walking around..." Coun. Heather Deal

"I want to hear music. I want to see great food. I want to see people walking around — this is before the Olympics. Now I really want to see it."

Deal said her original proposal met with some resistance, despite what was happening in other cities.

In Portland, the most bandied comparison, the multiplicity of street food includes Vietnamese and Mexican cuisine, smoked pork sandwiches, paninis and flatbread.

Deal expects a fair number of applicants for the 17 licences. High-demand locations will be determined by lottery.

Also, while the majority of the licences will be kiosks, like traditional hotdog or nut stands, three of the sites will be curbside. This will allow movie-style catering trucks and should vastly increase the variety of food available, Deal said.

Next year, the program will look to expand beyond public space (sidewalks and parking stalls), possibly into private-owned parking lots as is done in Portland, she added.

Hungry?

- What food options would you like to see sold on Vancouver streets. Tweet us your answers @vancouvermetro.

Vancouver protesters head east

G20 Summit

ONTARIO-BOUND A busload of protesters has left Vancouver and is headed to Toronto to rally at this week's G8 and G20 protests.

The 15-person bus with the words, "The Peoples' Vision," painted on the side is scheduled to arrive in Toronto on Thursday.

Ries Memtink, with the Vancouver People's Summit, said he's getting on the bus because the government isn't listening to the concerns of Canadians about climate change, poverty, human rights and other issues.

Memtink added his protest will be peaceful, and while some activists may be violent, he doesn't understand why the government would waste so many millions of dollars on security.

In all, about $1 billion is being spent on security, a fake lake and a faux Muskoka backdrop. It's a hefty price tag, but not enough to turn off a majority of Canadians to the benefits of summitry, a new poll suggests.

Three-quarters of respondents to The Canadian Press Harris-Decima poll said the summits are important and worth the expense.

Some 76 per cent said the back-to-back weekend summits in Muskoka and Toronto were either very or somewhat important versus 20 per cent that said they were opposed.

The fake cottage country scene is meant to sell Canada to the estimated 3,000 visiting journalists.

THE CANADIAN PRESS

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SCANLIFE

Local

Ride raises $9.2M to conquer cancer

The B.C. Cancer Foundation raised $9.2 million as 2,252 riders completed a cross-border cancer fundraiser yesterday. Participants rode more than 200 kilometres from the Vancouver area to Seattle. METRO VANCOUVER

Council mulls viaduct study

Analysis would consider fate of Georgia, Dunsmuir routes

JEFF HODSON
jeff.hodson@metronews.ca

Vancouver is on the verge of a year-long study to determine the fate of two key arterial routes between the city's Eastside and downtown core.

Council is expected to vote Thursday on a $695,000 study on whether to keep or remove the Georgia and Dunsmuir viaducts.

Coun. Geoff Meggs called for the study in November to examine the costs and benefits of removing the structures, something he is a proponent of.

In the past, he has referred to them as the "vestigial rump" of a proposed 1970s freeway through Vancouver.

The study would take 11 months to a year to complete and consider six different options:

- Maintaining the viaducts.
- Joining Pacific and Expo boulevards in as short a distance possible.
- Joining at Main Street.
- Keeping the Dunsmuir Viaduct and removing the Georgia Viaduct.
- Complete removal of both.
- Removal of both, while realigning or elevating the SkyTrain tracks.

The viaducts were built in 1972 and are in good condition with an estimated remaining lifespan of 50 years, but staff warn that the viaducts could be vulnerable to damage in an earthquake.

The viaducts were closed during the 2010 Games, resulting in large increases in traffic on Hastings, Pender, Powell and Cordova streets, despite a 35 per cent decrease in traffic downtown.

Your thoughts?

- Should the city keep or remove the viaducts? Tweet your opinions to @vancouvermetro.

RAGNAR HAAGEN/FOR METRO VANCOUVER

The group Capoeira Camera performs during Car Free Day at Denman and Davie streets — one of five areas closed to traffic in Vancouver yesterday as part of the city's celebration of public space.

Car Free Day welcomes thousands

RAGNAR HAAGEN
for Metro Vancouver

CELEBRATION Roughly a quarter of a million people took to Vancouver streets yesterday when various neighbourhoods closed off some roads to traffic of the four-wheeled kind to welcome the two-footed kind.

Car Free Day, a celebration of public space first held on Commercial Drive five years ago, has grown to five locations.

Becky Severy, a single mother who came all the way from Coquitlam with her son, attended Car Free Day in the West End. She said she wishes her community also had a similar celebration.

"The closest one is on Commercial, but I like it down here (Denman Street). It has more of a family feel to it."

The festival attracted a wide range of people and included various demonstrations and a life-sized chess board.

Severy said only one thing was missing.

"Last year they had dance lessons."

Mounties recapture dragging-death killer

CRIME Freedom was short for a killer parolee who vanished Thursday, only to be picked up by Kamloops Mounties two days later.

RCMP confirm they arrested Darnell Pratt when he failed to return to a halfway house just 24 hours after his statutory release from prison.

Pratt was 17 years old when he was convicted of manslaughter in 2005 for dragging Grant De Patie under the vehicle he was driving for more than seven kilometres.

De Patie was a gas station attendant and had tried to stop Pratt from leaving without paying.

De Patie's father Doug says that he's elated knowing that Pratt is back in custody, and says he'll sleep easier.

Grant De Patie's horrible death spurred legislation in the province that forces people to pay before they get their fuel.

THE CANADIAN PRESS

Busker heartened by offers of help

ANDY Vancouver busker Spandy Andy said yesterday he's amazed by the support he's received since his boom box was taken and smashed.

During a performance at English Bay on Friday, a man in his early 20s, possibly intoxicated, grabbed Andy's boom box and ran away. When Andy gave chase, the man smashed it.

Bystanders immediately offered to help pay for a new one. Police arrived a little while later and found the suspected boom box smasher, giving him the choice of facing charges or reimbursing Andy $220. The man paid up.

"It left me feeling super proud of the way society works," Andy said. "You have people who look after you." METRO VANCOUVER

STIG NIELSEN/FOR METRO VANCOUVER

Spandy Andy

News in brief

HST The Union of B.C. Indian Chiefs says its members want the same harmonized sales tax exemption that First Nations in Ontario will receive.

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WHAT'S ONLINE TODAY

Immigration Guidy Mamann on a small change to a federal bill that may be big trouble for Canada's humanitarian reputation

Lotteries

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Lotto Max: 5, 6, 26, 29, 34, 36 & 43 Bonus 49
Extra: 11, 12, 59, 87
Saturday, June 19
Lotto 6/49: 11, 18, 27, 29, 32 & 39 Bonus 1
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Extra: 10, 18, 75, 79
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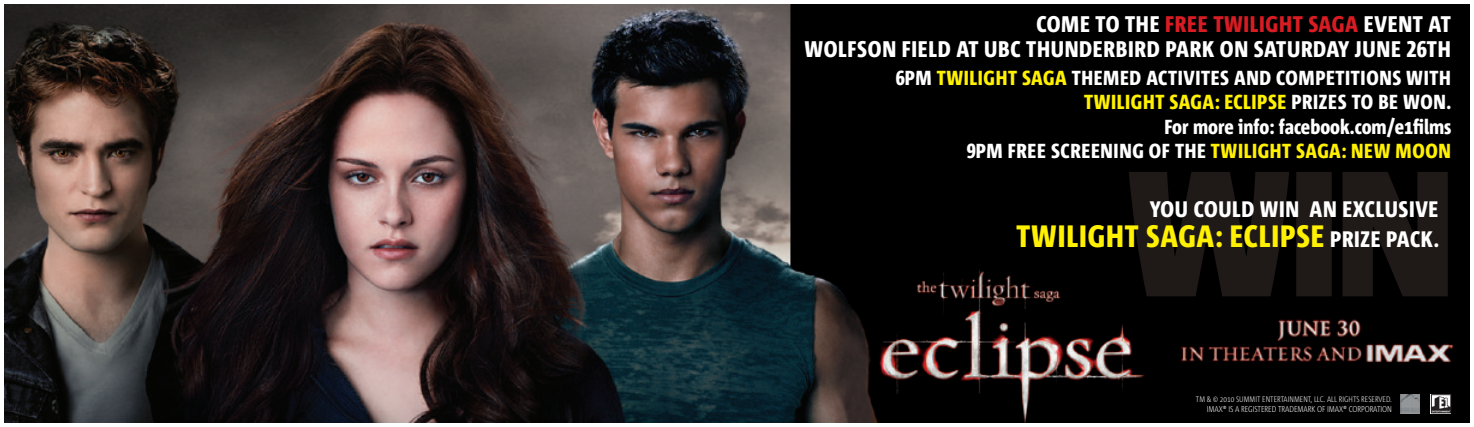

Richmond condo development breaks sales records

A Richmond development has set real estate sales records for that city after the first release of 150 units sold out at $145 million. They ranged from $555,000 to $3.4 million, helping River Green by Aspac Developments reach highs for single-condo sale prices and price-per-square-foot at an average of more than $700. METRO VANCOUVER

Two accused in Proctor murder to appear in court

TRIAL Two teen boys charged with first-degree murder in the death of 18-year-old Kimberly Proctor are expected to make their first court appearance in Victoria this morning.

The teens, who cannot be named because they were underage at the time of Proctor's killing, were arrested Friday. Proctor's badly burned body was discovered on March 19 in Langford, a rural suburb of Victoria, in a wooded ravine along the Galloping Goose hiking trail.

Kimberly Proctor

RCMP Insp. Mark Fisher said the 16- and 18-year-old boys are also charged with forcible confinement, sexual assault and committing an indignity to human remains.

He did not say what investigators believed motivated the killing, but he stressed it wasn't a random attack.

METRO VANCOUVER

DARRYL DYCK/THE CANADIAN PRESS

Robert Dziekanski's mother, Zofia Cisowski, reads a statement thanking retired justice Thomas Braidwood after he released his final report into her son's death in Vancouver on Friday.

Taser charges reviewed

B.C. to reconsider prosecution in Dziekanski death

The B.C. government has appointed a special prosecutor to review the possibility of charges against four RCMP officers involved in Robert Dziekanski's death.

Vancouver criminal lawyer Richard Peck has been asked to reassess an earlier decision by the Crown not to prosecute the Mounties who Tasered Dziekanski.

The decision was made after former B.C. judge Thomas Braidwood released his report into the death on Friday.

It's riddled with terms like "untrue," "misleading" and "overstated" to describe the testimony of the four officers involved.

Contrary to their testimony, Braidwood said the officers could not have reasonably found Dziekanski to be a threat when he picked up a stapler during the confrontation at Vancouver's airport in 2007.

De Jong also said the province accepts the recommendations in the report, and will create a new civilian agency to review serious incidents involving police. METRO VANCOUVER

Alleged anti-gay attack prompts undercover patrols in West End

BEATING Vancouver police will start conducting undercover patrols of the West End in part due to a recent alleged gay-bashing incident, the city's police chief said.

"Hate crimes and gay-bashing will always be taken seriously and receive extra attention," Chief Jim Chu said.

The patrols will be backed by a highly visible police presence in vehicles, on bicycles and on foot, and will be in addition to the department's ongoing programs.

The number of reported hate crimes in the Vancouver area has climbed over recent years, but Chu pointed out that so has the number of arrests.

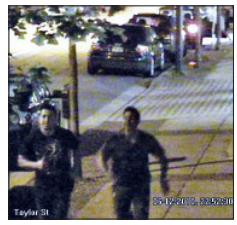

IMAGE COURTESY VPD

Two suspects are seen in this security camera image after an alleged attack June 12.

Police also released security camera footage of the suspects in the June 12 attack. On that night, two victims were beaten after confronting two men urinating in front of their home. The attackers used anti-gay slurs. RAGNAR HAAGEN/ FOR METRO VANCOUVER

News in brief

DEATH An autopsy is scheduled for today on the body of a man found in the trunk of a car in Burnaby, RCMP said. Patrol officers made the discovery in an abandoned vehicle in a dead-end alley on the 4000 block of Dominion Street on Saturday. The man is believed to be in his mid-20s, according to RCMP spokesman Cpl. Dale Carr. He said once the body is identified, police will first notify his family before releasing the man's name. Investigators are treating the discovery as a suspicious death, and it's not yet known if there are any links to drugs or gangs.

METRO VANCOUVER

Empire upgrades will stay for amateurs
The new field turf and lighting upgrades made at Empire Fields will remain for amateur athletes after the temporary stadium is disassembled and removed, the B.C. government has announced. The legacy items are valued at $2.8 million. METRO VANCOUVER

Clockwise from top left; supporters run down the sidelines with orange B.C. Lions flags after a scoring drive; the Felions finish a dance routine during a second quarter stoppage in play; B.C. Lions fans cheer during the first quarter of yesterday's preseason game against the Edmonton Eskimos; supporter Crazy P tries to motivate the crowd during the first quarter of yesterday's preseason game; fans walk a path between the PNE to the west and the new temporary stadium at Empire Fields prior to the B.C. Lions preseason game; slotback Geroy Simon reacts after a failed drive during the first quarter.

ALL PHOTOS BY JEFF HODSON/METRO VANCOUVER

Lions get up close at Empire

JEFF HODSON
jeff.hodson@metronews.ca

For the first time in almost three decades, B.C. Lions fans watched their team outdoors at home during the inaugural event yesterday at the reborn stadium at Empire Fields in East Vancouver.

About 24,500 people took in the preseason game, watching the Lions surrender a fourth quarter lead in the last 30 seconds, losing 36-32 to the visiting Edmonton Eskimos.

"The game's alright, but the atmosphere is great," said Lance Van Diermen, 31, of Langley.

"I'm loving the open air. It's nice and close to the field. It's good times."

For fans, accessing washrooms seemed a bit slower, but food and beverage service seemed quicker.

The venue is intimate and much closer to the field than B.C. Place or the old Empire Stadium, where the field was surrounded by a track.

Lions fans on the east side of the stadium are just slightly above the field level.

The Felions on the east side even have to sit during plays so that fans can see.

"There's like no sidelines," Van Diermen said. "We're right on top of them."

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Almost 80 per cent of season tickets sold for 'Caps MLS debut

Almost 13,000 season ticket deposits — about 80 per cent of the total available — have already been sold by the Vancouver Whitecaps FC for the team's inaugural season in Major League Soccer. Season ticket prices for 2011 start at $319 and include a minimum of 17 matches. METRO VANCOUVER

$50M Lotto Max jackpot elusive ... yet again

LOTTERY While seven winning tickets were sold in B.C. for lesser amounts, the $50-million Lotto Max jackpot is up for grabs again this week after going unclaimed for a third straight draw.

Another Canadian record is expected to be broken this Friday with an estimated $105 million in prize money to be won. Odds of winning the top prize are one in 28 million.

Canadians dreaming big from Vancouver to Halifax were disappointed again last week when the $50-million jackpot eluded everyone.

However, seven winning Maxmillion tickets were sold in B.C. for values ranging from $333,333 to a $1-million prize won by a player in Langley.

METRO VANCOUVER

News in brief

STABBING A woman was stabbed and had her purse stolen during a robbery in Surrey, RCMP said. The victim of Saturday's attack was able to walk home and call police, who found and arrested a suspect a few blocks away.

LAWSUIT A Delta woman is suing two dog owners after the animals allegedly tripped her. Nina Ferretti claims the incident took place on Aug. 9 2009, when the two dogs were off-leash in an area of Tsawwassen where that is not allowed. She claims to have sustained a concussion and various other injuries from her fall.

GROW-OP Firefighters in West Kelowna discovered a clandestine grow-op in the basement after extinguishing a blaze in a single-family home on Saturday night. No one was injured and damage to the building is estimated at $50,000 to $100,000.

RESCUE Eight people have been rescued from the Straight of Georgia after their pleasure boat sank. Saturday's rescue was a joint effort between a vessel from nearby Silver Bay, and the Coast Guard in Victoria.

METRO NEWS SERVICES

KYLE FARQUHARSON/FOR METRO VANCOUVER

A dragon boat squad moves into position in front of Science World yesterday.

Synchronicity pays off for dragon boat squads

'No chance' if you're not together: Competitor

KYLE FARQUHARSON
for Metro Vancouver

The final day of the Rio Tinto Alcan Dragon Boat Festival ended up overcast and lukewarm until the late afternoon. But according to the event's media representative, Anita Webster, many of the rowers didn't mind that one bit.

"(On Saturday) when it was hot, that was difficult," said Webster. "These are pretty much perfect conditions today."

Among the highlights of rowing a dragon boat in the festival? Camaraderie and the excitement of competition.

False Creek

- Thousands of people lined the shores of False Creek to watch the dragon boat races on Saturday and yesterday.

And it never hurts to walk away with some hardware either.

"We're thrilled to be a part of this Festival, and with our performance," said Cheryl Watson of the Abreast in a Boat team, whose members are all breast cancer survivors and took home bronze medals from their race as part of the recreational division.

Watson said her squad has been training once a week since the beginning of March and that teamwork is the key to their success.

"You have to work together and be in synch, or you've got no chance," she said.

The final day also featured live music, dancing, international food items and the final entries in the Aluminum Chef Cooking Competition.

Vancouver Community College chef Sonia Zebadua took home the Aluminum Trophy and $1,000 for her seared game hen breast dish.

Top teams from the Competitive Division will move on to the Canadian National Dragon Boat Championships in Whistler in July.

Federal Liberals not to blame for HST: Iggy

POLICY Federal Liberal Leader Michael Ignatieff distanced himself from the B.C. Liberals while in Vancouver yesterday for his party's regional policy day.

When asked, Ignatieff said the federal Liberals are not to blame for the looming harmonized sales tax.

"Remember, this is a provincial deal made by Premier (Gordon) Campbell with the (Prime Minister Stephen) Harper government," Ignatieff said. "We were asked by a provincial government in good faith. They said a harmonized sales tax would create jobs and make the economy competitive.

"As a responsible federal leader I have to listen to what the provincial government says. But now the people are speaking in a very loud voice, and we have to listen to what they're saying."

Ignatieff said B.C. MPs "talked intensively" about housing and the environment.

"There is no other place in Canada where affordable housing is more urgent than in the Lower Mainland ... and there is no part of the country where the environment is a bigger issue than in British Columbia," he said.

Ignatieff also alluded that the federal Liberals' next federal election platform might include a national housing strategy and a "very robust environmental platform."

He did not give details.

RAGNAR HAAGEN/
FOR METRO VANCOUVER

RAGNAR HAAGEN/FOR METRO VANCOUVER

Michael Ignatieff speaks to reporters at the Coast Coal Harbour Hotel in Vancouver yesterday.

Eclipse actor found bloodthirsty raccoon in Stanley Park

TWILIGHT One of the newest members of the Twilight universe says he's learned the hard way not to approach raccoons in Stanley Park.

Aussie actor Xavier Samuel says he was bitten by one last summer while in Vancouver to shoot the third instalment of the movie series.

The 26-year-old says the mishap occurred as he and Bryce Dallas Howard, who plays the villainous Victoria, took a stroll through the city park.

He says raccoons are not common in Australia, and that he asked Bryce to take a picture of him next to the wild creature. It ended up biting his finger.

Samuel plays the newborn vampire Riley in The Twilight Saga: Eclipse, which opens in theatres on June 30.

He and cast members Kellan Lutz and Ashley Greene are in Toronto for the MuchMusic Video Awards.

Samuel jokes that he has been waiting to turn into a raccoon vampire ever since his painful encounter.

THE CANADIAN PRESS

Canwest newspaper chain sells for $1.1 billion
An Ontario Superior Court judge gave the go-ahead Friday for a group of creditors led by Paul Godfrey, the CEO of the National Post, to buy parent company Canwest's entire newspaper division. Under the deal, the newspapers will sell for $1.1 billion. THE CANADIAN PRESS

Canada

Reward offered for tiger, camels

A reward of $20,000 is being offered for information leading to the return of a tiger and two camels, left, taken from a parking lot in Quebec. "Our only concern, at this time, is for the safe return of the animals," said Michael Hackenberger, director of the Bowmanville Zoo, located about 75 kilometres east of Toronto. A Ford truck, hauling a trailer containing Jonas the tiger and camels Sean and Todd, disappeared on Friday morning. THE CANADIAN PRESS

Snoops poke into tax files

Canada Revenue Agency forced to reveal breaches

Dozens of workers at Canada's tax agency have been caught snooping on their ex-spouses, mothers-in-law, creditors and others by reading confidential tax files.

Internal reports at the Canada Revenue Agency show that rogue employees are improperly reviewing the private financial affairs of taxpayers without their knowledge.

And some are using agency computers to give favoured treatment to colleagues, friends, family — and themselves.

Documents outlining the forbidden invasions into private tax data were obtained under the Access to Information Act.

In one case, a worker was found to have inspected his spouse's tax information 69 times without permission.

In another case, "(an employee) accessed her own tax information and the tax information (of) 13 relatives ... She provided preferential treatment to colleagues, relatives and acquaintances." The agency then stumbled on a secret cell of snoopers in the same location.

Agency records for 2008-09 show there were 29 cases in which workers were caught without authorization, about the annual average for the past five years.

THE CANADIAN PRESS

Privacy invasion

In one egregious breach last October, a woman accessed 37,500 emails and 776 documents containing confidential financial information about ordinary Canadians. She downloaded the files onto 17 compact discs for her personal use, inexplicably helped by agency technicians.

Paying the price for nosiness

DISCIPLINE In deciding on discipline, "management took into consideration the employee's years of service, her good employment record and her co-operation with the investigation."

Noel Carisse, a spokesperson for the agency, said in an email the number of breaches is relatively small, given that there are more than 40,000 employees.

Carisse did not provide information on the numbers of employees suspended, fired or criminally charged for such breaches. He declined to provide any further information on the worker who downloaded 37,500 emails and 776 documents, saying only that the investigation continues.

THE CANADIAN PRESS

G8 nations fall short on aid pledges

G8 Summit

FUNDS The world's richest countries have come up short on their commitments to assist the developing world, says a new report that counts Canada among the more reliable G8 members.

The report released yesterday says the OECD and Group of Eight countries are $10 billion behind the five-year, $50-billion increase they promised at their 2005 summit in Scotland. The document prepared by the Foreign Affairs Department prior to this week's Ontario summits says some G8 members — like Canada — are meeting or surpassing their goals, but it says others are not.

There has been significant progress in some areas, it finds, but it says there are still problems in key areas like disease prevention, water and sanitation, and maternal and child mortality.

PAWEL DWULIT/THE CANADIAN PRESS

Minister of International Co-operation Bev Oda, left, answers questions from the media yesterday as Minister of Foreign Affairs Lawrence Cannon listens following the release of the G8 Accountability Report in Ottawa.

"Universal access targets with respect to HIV/AIDS will not be met by 2010 and many developing countries ... remain off-track to achieve the health-related (goals)," it says. "The (goals) on child mortality and maternal health are proving the toughest area in which to make progress."

Prime Minister Stephen Harper has made maternal and child health a signature element of this year's G8 in Huntsville.

But while sources say Canada has put $1 billion on the table, other cash-strapped governments appear less willing to ante-up.

THE CANADIAN PRESS

42% The report claims sanitation aid is not reaching the most affected countries, with only 42 per cent of aid commitments in sanitation and water in the past three years reaching the least developed countries.

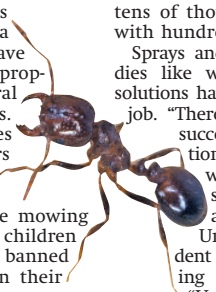
Uphill battle to extinguish stinging fire ants

PESTS Their stingers are invisible to the naked eye. But just one prick from a European fire ant and you could be left with a welt the size of a toonie.

Some say the sting lasts about 15 minutes; others insist it's more than 24 hours. What's not in dispute, according to those who have been stung, is how much a sting hurts.

The tiny red-brown ants have invaded parts of Nova Scotia, New Brunswick, Ontario, Quebec and Maine.

The aggressive pests — known in the scientific community as Myrmica rubra Linnaeus — have infested urban properties in several neighbourhoods. There are stories of homeowners wearing protective rubber boots while mowing their lawns and children and pets being banned from playing in their backyards.



Adding to the misery is the difficulty of stamping out the ants' massive colonies, which can be tens of thousands strong with hundreds of queens.

Sprays and home remedies like water-and-borax solutions haven't done the job. "There has been no successful eliminations at all anywhere," says Susan Horton, 39, a Saint Mary's University student who is studying the species. "Unless the entire colony is taken care of, the ants will come back."

THE CANADIAN PRESS

Permafrost gives town the slip

CLIMATE An Arctic community that has seen its fire hall sink and roads buckle in the melting permafrost is now shifting future building projects away from town.

The effect of vanishing permafrost — soil normally frozen year round — is now being felt across Canada's North, and the Quebec village of Salluit is just one of many Arctic towns trying to adapt to an increasingly warmer climate.

THE CANADIAN PRESS

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Unclaimed $50-million jackpot up for grabs

For the third week in a row, no one has the winning ticket for the $50 million jackpot prize in Friday night's Lotto Max draw. That means the jackpot will be the same for the next draw June 25th. The odds of winning the last jackpot was one in 28 million. THE CANADIAN PRESS

Battle left its mark on Canada

BELGIUM A spectacular re-enactment of the battle of Waterloo was staged on the same historic grounds in Belgium Sunday, although the actual conflict took place on June 18, 1815, also a Sunday.

The decisive battle happened in Europe, but it left a permanent mark on this country.

A number of communities in Canada can trace their names back to that day 195 years ago, when Napoleon was finally defeated.

In Ontario, a regional municipality, a city and a university all go by the name Waterloo.

The victorious Arthur Wellesley, Duke of Wellington, is remembered through the names of such Ontario communities as Arthur and Wellesley.

Several other Waterloo veterans are commemorated geographically in Canada; for instance, Waterloo veteran Charles Lennox, Duke of Richmond. There is a Richmond and a Richmond Hill in Ontario as well as a Richmond in Prince Edward Island and Quebec. A couple places are known as Lennoxville.

METRO NEWS SERVICES

JEFF MCINTOSH/THE CANADIAN PRESS

James Gaetz, an employee of a dog grooming business, carries a pet to a waiting owner during flooding on Saturday in Medicine Hat, Alta.

The wet, wet West

People in soggy low-lying areas of Medicine Hat, Alta., started pumping out basements and taking stock of flood damage yesterday, but officials warned a downpour overnight could leave them waterlogged all over again.

Police Chief Andy McGrogan said about 40 to 50 millimetres of rain would likely fall by morning, following the same pattern that caused the flooding in the first place and pushing already swollen creeks back up to the same high levels.

"We're anticipating more of the same type of problems," he said, adding the voluntary evacuations of 600 homes would remain until after the deluge.

Les Hamerston sat bonetired on his front steps yesterday afternoon dreading what was yet to come.

He had been pumping water from his basement since being woken up by police at 4 a.m. Saturday, but said the moisture was still seeping in.

His basement was "a sopping mess (with) a little bit of mud floating around on top," and he hadn't even been able to get in to see if anything could be salvaged.

He said he and his wife weren't well enough to keep up the fight. "There's nothing we can do. We just have to wait and see what's going on," he said. "There's no way they'll be able to contain it, so it's just going to go where it goes."

Up to 150 millimetres of rain has fallen in several regions on the Prairies, turning fields into lakes and ruining houses.

The Trans-Canada Highway east of Medicine Hat was closed across the Saskatchewan boundary for the weekend after being completely inundated, and looked unlikely to open in the short-term.

Crews were hoping to begin temporary repairs within the next couple of days on a washed out section of the highway west of Maple Creek, Sask., said Doug Wakabayashi of the Saskatchewan Highways Ministry. The government brought in extra construction crews from across the province to help rebuild that part of the busy highway, but Wakabayashi warned it would take time.

Doug Johnson, an official with the Saskatchewan Watershed Authority, said the water was so significant, provincial models only predicted it would happen once every 500 years.

Dave Hodgins, managing director of the Alberta Emergency Management Agency, said officials are keeping an eye on the impending rainy weather. He said damage is expected to be in the millions.

THE CANADIAN PRESS

What happens after Afghanistan?

TRANSITION Lt.-Gen. Andrew Leslie, the outgoing commander of the army, marvels at the changes he's seen.

"The army's changed more over the last four to five years than over the previous 30 to 40," said Leslie, one of the country's more recognizable military figures.

Leslie's long been considered a candidate for the top job of chief of defence staff.

He will hand over command of the army to Lt.-Gen. Peter Devlin at a ceremony in Ottawa.

His new job will be to help shepherd the entire Canadian Forces towards its post-Afghanistan future at a time when the Conservative government is wrestling with an expected $49-billion deficit.

Leslie is the new Chief of Transformation. But the question often asked around Ottawa these days is: The Canadian Forces is being transformed, but into to what?

THE CANADIAN PRESS/MURRAY BREWSTER

Lt.-Gen. Andrew Leslie is stepping down as head of the Canadian army in Kandahar. He will take charge of preparing future assignments for the armed forces.

Four years of fighting a counter-insurgency in Afghanistan has given Canada a lean, lethal, little force. It is all dressed up, and post-Afghanistan, has seemingly nowhere to go.

THE CANADIAN PRESS

Short parade, but long history

MONTREAL Independence rallies in Quebec are more restrained than in the heady days following the death of the Meech Lake accord.

One in Montreal yesterday was more organized and more conventional than the raucous affairs held in the province 20 years ago. And with far fewer participants.

Just some 400 turned out in for the noisy march — and a few thousand for a series of events across Quebec — to mark the dual anniversaries of the death of Meech and the 1995 referendum on sovereignty.

It's a far cry from 160,000 who poured into the streets for the 1990 fête nationale parade. And in June 1990, a thousand sovereignists — buoyed by the recent death of the Meech — led an impromptu rally through Montreal's east-end and right into the stands at the Olympic Stadium, crashing an Expos baseball game.

Two decades later, professional baseball is gone from the city, along with the fierce nationalistic fervour touched off by the failed constitutional talks.

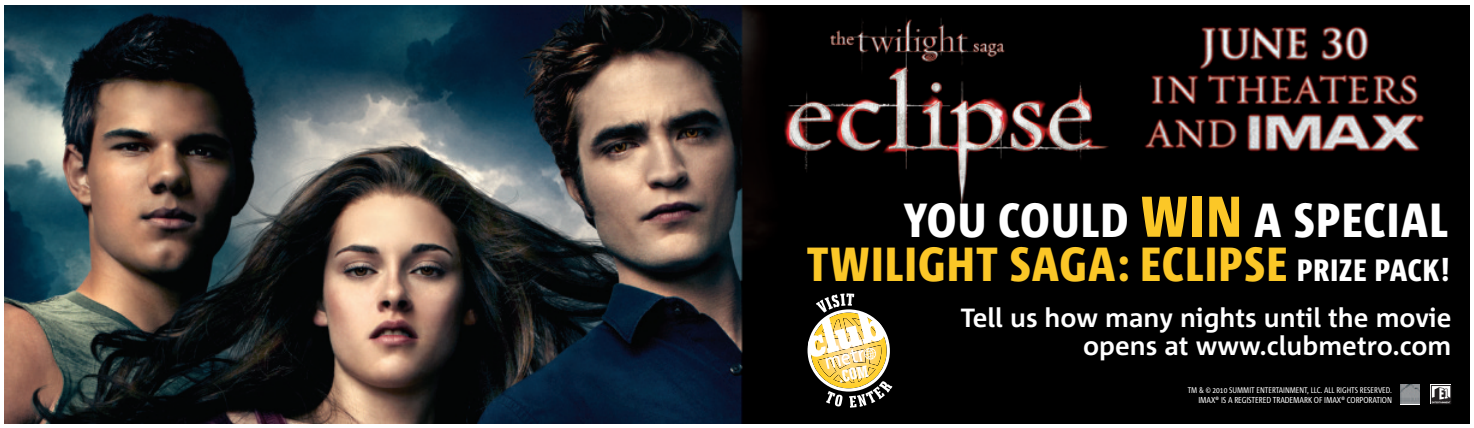
But a new generation of sovereignists are trying to rekindle the passion.

Bloc Québecois leader Gilles Duceppe claims a deep rift remains between Quebec and the rest of Canada.

THE CANADIAN PRESS

Quebec polls

- Recent surveys suggest the zeal for sovereignty in Quebec has gone astray.
- The latest, published last May, showed most Quebecers have come to terms with the constitutional status quo even if they aren't happy with federalism.



RCMP seeks kidnapper

RCMP in central Alberta are searching for a suspect after a seven-year-old girl told them she and her dog were both abducted. Police say the girl was riding her bike and playing with her dog just before 6 p.m. Thursday in Bowden, Alta., when a man in a pickup truck grabbed her and the dog and deposited them two hours later in a rural area. THE CANADIAN PRESS

G8's no big deal for tiny town

G8 Summit

As anxiety ripples through big-city Toronto, paralyzing part of the downtown ahead of the G20, small-town Huntsville, Ont., has taken a typical laid-back, cool, calm, cottage-country approach towards the G8.

Unlike the trepidation seizing some Toronto residents, Huntsville folks have taken their summit all in stride.

"It's the best thing that's ever happened to the town," said Steve MacAllister," owner of Langford Canoe.

The G8 summit is from June 25-26 in Huntsville and the G20 summit is from June 26-27 in Toronto.

In a phone interview, MacAllister reeled off a list of benefits the pending summit has brought to the sleepy community, which he said has feels like a hub of intrigue.

NATHAN DENETTE/THE CANADIAN PRESS

A woman walks past the three-metre high steel fence being assembled around the Deerhurst resort and golf club in Huntsville, Ont., on the weekend. As anxiety ripples through big-city Toronto, paralyzing part of the downtown ahead of the G20, small-town Huntsville, Ont. has taken a typical laid-back, cool, calm, cottage-country approach towards the G8.

"Businesses are booming and there's just an electric buzz of excitement and anticipation. It's amazing," said MacAllister, his enthusiasm hard to contain.

His business has been selected to offer a gift to the G8 leaders.

According to many people in town, Huntsville's main street is packed. Pubs and restaurants have standing room only. MacAllister said the summit has given everyone a job.

Even those inconvenienced by the security zone, which wraps around Deerhurst Resort, which the G8 delegates will temporarily call home, said they're not bothered by the summit.

Judith Brain, 54, has a home on Hidden Valley Road part of the "red zone," surrounded by either lake or fence.

For Brain, the fence is ugly. It covers a beautiful stretch of Highway 60. She also said army tents are practically pitched in her backyard. But this hasn't fazed the local resident, who smiles and waves at those security officials hunkered down in the tents. THE CANADIAN PRESS

Beating victim issues statement

COURT An Edmonton bus driver who was partially blinded in a violent attack by an angry passenger says he's lost his faith in humanity.

In a written victim impact statement read in court, Tom Bregg, 58, says he's been under huge emotional and physical stress since he was attacked last December.

He has lost sight in his left eye, has been unable to work and likely won't return to work as a bus driver.

Surveillance video showed the angry passenger punching and then kicking Bregg repeatedly in the head. Last month, Gary Mattson, 25, pleaded guilty to charges of aggravated assault and assaulting a peace officer.

THE CANADIAN PRESS

Explosion leaves at least two dead

ANDREAS MORSE and GRAHAM MCCANN

HOUSE BLAST A massive explosion rocked a north Edmonton neighbourhood yesterday afternoon, destroying a number of homes, according to witnesses.

It was otherwise quiet yesterday afternoon in the north side community when at about 1 p.m. Barry Guyon felt his house shake.

"We thought it was a plane crash because of all the cop cars," he said. "It shook our house. It's pretty tragic."

Guyon and his wife jumped in their car to see what was happening and were floored when they saw the destruction.

"The back of the house was completely gone," he said.

"And about 14 others were badly damaged."

When Josh Legault saw all the emergency vehicles racing down the street towards the explosion, he grabbed his camera and went to see what was happening.

"There were a lot of people, some smoke, and one of the houses was still burning," said the 21-year-old. "There were small explosions and debris on the streets."

Legault said he arrived on scene about 20 minutes after the explosion and when he got there police were already evacuating the area.

District chief Robert D'Aoust said at least two people are dead, another is missing, and several suffered minor injuries in the blast.

Waterloo, Ont. **Spaced out discussion**

DAVE CHIDLEY/THE CANADIAN PRESS

British theoretical physicist Prof. Stephen Hawking lectures on his research, life and times at the Perimeter Institute in Waterloo, Ont., yesterday. Hawking is on a six-week visit, collaborating on research into mind-bending topics like the origin of the universe.

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Anti-apartheid cleric dies

The Rev. Nico Smith, a white pastor who challenged South Africa's apartheid system by moving with his wife into a black township in the 1980s, has died of a heart attack, one of his daughters said yesterday. He was 81. THE ASSOCIATED PRESS

World

Colombians elect new leader

A former defence minister from a powerful political clan who oversaw a major weakening of leftist rebels won Colombia's presidency yesterday, routing an eccentric outsider in a runoff. The victory for Juan Manuel Santos, a 58-year-old economist and three-time government minister, was a ringing endorsement of outgoing conservative President Alvaro Uribe, whose U.S.-backed security policies he helped craft and promised to continue. THE ASSOCIATED PRESS

Canadian helps crack alleged Ponzi scheme

Vedant Rajput is widely credited with helping to untangle India's largest-known Ponzi scheme.

Over the past decade, 53-year-old Sayed Mohamed Masood tricked more than 200,000 victims out of $250 million US, police allege.

In India, the wheels of justice are not known for rhythmic efficiency. Police routinely refuse to register criminal complaints and even when a case is opened, it's anyone's guess how long it could take to wind its way through the courts.

Predictably, when City Limouzine's cheques began bouncing last August, many were resigned that their savings were gone.

Mississauga's Rajput, on the other hand, became a one-man army.

He organized rallies in Mumbai that attracted as many as 15,000 investors — becoming a celebrity thanks to local TV and newspaper coverage — and created and distributed complaint forms for investors to submit to police. He unwound City Limouzines' corporate structure, explaining its cash flow to police.

RICK WESTHEAD/TORSTAR

Canadian Vedant Rajput has helped police in Mumbai untangle one of India's largest alleged Ponzi schemes. An estimated 250,000 people invested in a purported car rental company that is alleged to have stolen $250 million US from victims.

Rajput has tracked down real estate that could be used to help repay claims to investors, and has hunted down three of the company's senior directors, including Masood himself.

"Vedant is a saviour," said Ravi Puri, a 72-year-old retiree in New Delhi who invested in City Limouzines. "He's been doing the work of the police and various government agencies, and he's been doing it all on his own."

One challenge for police has been tracking down investors' money and so far, they have located 34 properties owned by Masood or his immediate family. Of those, 10 were found thanks to Rajput's sleuthing.

TORSTAR NEWS SERVICES

A simple scam

- Masood's company, City Limouzines, purported to buy cars and run them as taxis. Investors who turned over $3,200 were given 60 postdated cheques of $175 a month, which totalled about $10,400 over five years. Police believe Masood actually bought fewer than 100 cars.

News in brief

GULF OF MEXICO Newly released internal documents show BP PLC estimated 15.9 million litres of oil a day could gush from a damaged well in the Gulf of Mexico if all equipment restricting the flow was removed and the company's models were wrong.

STORM A tornado that touched down in Billings, Mont., caused heavy damage to parts of an expo centre yesterday evening, a Montana highway patrol dispatcher said. The Expo Center at Metra Park suffered damage when the tornado hit in a neighbourhood called The Heights, he said.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Chinese firemen evacuate a man trapped in the floods in Xiushui, in central China's Jiangxi province yesterday.

Scores killed in China floods

DISASTER Major rivers burst their banks in southern China, triggering massive floods that have killed 132 people and forced 860,000 to flee their homes, the government said yesterday. With dozens missing and more storms forecast, the death toll was expected to rise.

More than 10 million people have been affected since torrential rains began June 13, including those who have been injured, stranded or have suffered property losses, the Ministry of Water Resources said in a news release. More thunderstorms were forecast from yesterday afternoon into today.

THE ASSOCIATED PRESS

Egypt police clash with protesters

MARCH Egyptian security forces beat and arrested dozens of protesters on yesterday when they attempted to march through downtown Cairo in the latest demonstration against police brutality following the death of young man, witnesses and police said.

For the past 10 days, protesters have taken to the streets in demonstrations over the death of Khaled Said, a 28-year old Alexandria businessman who was found dead after an encounter with plainclothes security men. According to witnesses, at its peak yesterday's protest involved a couple of hundred people.

A security official confirmed at least 40 people were detained during the march in downtown Cairo.

THE ASSOCIATED PRESS

An embattled White House seizes a "political gift" courtesy of BP and Republicans.

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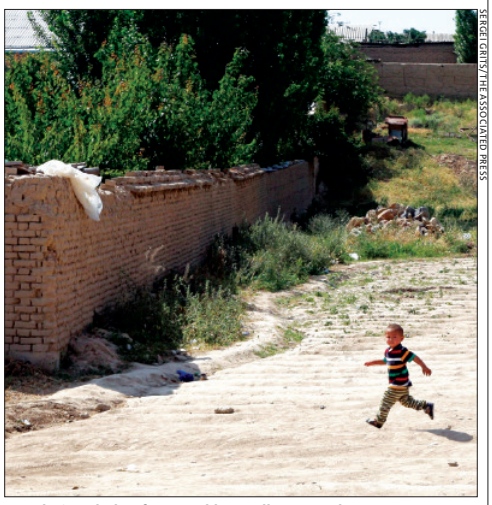


SERGEI GRITS/THE ASSOCIATED PRESS

An ethnic Uzbek refugee Rakhmatulla Marasulov, 3, runs yesterday in the village of Surattash, near a border between Uzbekistan and Kyrgyzstan. Thousands of ethnic Uzbeks massed on the border of Kyrgyzstan and Uzbekistan refused calls yesterday to return to their homes, saying they fear for their lives.

Ethnic Uzbeks opt to stay put

Thousands of ethnic Uzbeks massed on the border between Kyrgyzstan and Uzbekistan refused to return home yesterday, saying they feared for their lives after violent pogroms and didn't trust Kyrgyz troops to protect them.

Associated Press reporters saw some 50 Kyrgyz troops, many in armoured transport carriers, enter the border village of Suratash and try to reassure refugees it was safe to return home.

Yet the soldiers' presence terrified the families — ethnic Uzbeks who fled after attacks and arson by ethnic Kyrgyz — since they blame Kyrgyz troops for abetting the violence that left hundreds of Uzbeks dead and hundreds of thousands homeless.

"Of course we were afraid. Afraid because they were the ones — the soldiers who fired shots," said Maplyuba Akhmedova, an Uzbek who fled her home.

In Sakaldy, another village in Kyrgyzstan, ethnic Uzbek men spent the night in a meadow near a barbed-wire fence that marks the border with Uzbekistan.

Entire Uzbek neighbourhoods in southern Kyrgyzstan were reduced to scorched ruins by rampaging mobs of ethnic Kyrgyz, who forced nearly half of the region's roughly 800,000 Uzbeks to flee. Interim President Roza Otunbayeva says as many as 2,000 people may have died in the clashes.

Her government said the attacks were ignited by supporters of former president Kurmanbek Bakiyev, who was toppled in April amid accusations of corruption. The UN has said the unrest appeared orchestrated but has stopped short of assigning blame. Bakiyev, from exile, has denied any involvement.

THE ASSOCIATED PRESS

Israel drastically eases blockade

MIDDLE EAST Israel pledged yesterday it will immediately allow all goods into Gaza except weapons and other items deemed to have a military use under its decision to ease its three-year-old blockade of the Palestinian territory.

The list of banned goods replaces an old list of allowed items that permitted only basic humanitarian supplies for the 1.5 million Gazans. Under the new system, the government said practically all non-military items can enter Gaza freely.

"From now on, there is a green light of approval for all goods to enter Gaza except for military items and materials that can strengthen Hamas' military machine," Israeli government spokesman Mark Regev said.

Israel decided on Thursday to ease the blockade under intense international pressure after its raid on a blockade-busting international flotilla bound for Gaza killed nine pro-Palestinian activists.

THE ASSOCIATED PRESS

Floods sweep through northern Brazil

Officials say flooding in northeastern Brazil has killed at least 20 people while driving 50,000 people from their homes. The Civil Defence department in the state of Alagoas says 10 people were killed there and 35,000 are homeless. THE ASSOCIATED PRESS

Suicide bomb kills 33 in Iraq

Suicide bombers in a crowded Baghdad commercial district and Saddam Hussein's hometown of Tikrit killed at least 33 people yesterday as insurgents tried to turn a months-long deadlock over forming a new Iraqi government to their advantage.

The attacks added weight to warnings that insurgents would try to foment unrest as politicians squabble over forming a new government more than three months after inconclusive national elections.

The latest violence began when bombers drove two cars packed with nearly 82 kilograms of ammonium nitrate toward the gates of the Trade Bank of Iraq building in Baghdad and detonated the explosives after striking the surrounding blast walls, said Iraqi military spokesman Maj. Gen. Qassim al-Moussawi.

Al-Moussawi said at least 18 people were killed and 42 wounded. But three Iraqi police officials and a doctor at the Yarmouk hospital where many victims were taken put the toll at 28 killed and 57 wounded. Conflicting casualty tolls are common in the chaotic aftermath of bombings in Iraq.

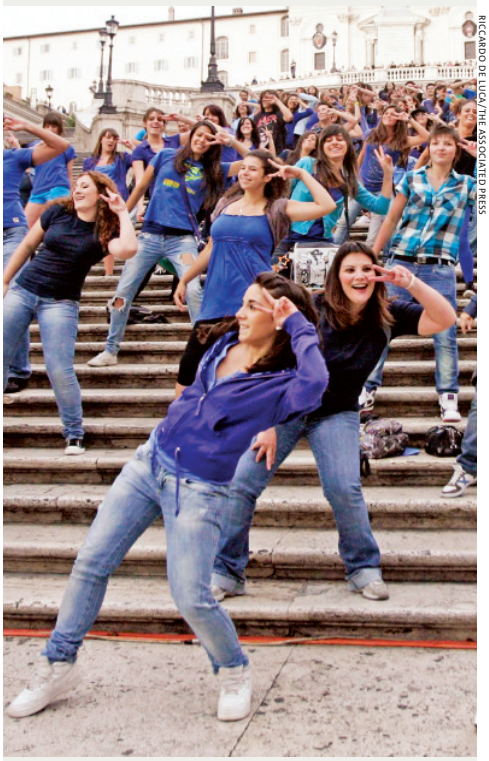
The attacks added weight to warnings that insurgents would try to foment unrest as politicians squabble over forming a new government more than three months after inconclusive national elections.

The head of the Iraqiya block has warned more violence could ensue if the Sunnis who backed him feel sidelined by a Shiite alliance. THE ASSOCIATED PRESS

Bloody week

- The explosion capped a week in which about 100 people were killed in bombings and shootings nationwide, including at least 26 who died in a commando-style assault against the central bank in Baghdad last Sunday. An al-Qaida in Iraq front group, the Islamic State of Iraq, claimed responsibility for that attack, saying it targeted the institution responsible for funneling "oil money and the stolen wealth of Muslims" to the West.

Rome **Steps to it!**



RICCARDO DE LUCA/THE ASSOCIATED PRESS

People dance yesterday during a flash mob called "Anomalous Wave" on the Spanish Steps in Rome.

World Refugee Day **Bittersweet**

DITA ALANGKARA/AP PHOTO

Afghan boys eat mangoes at an Afghan colony on the outskirts of Islamabad, Pakistan yesterday. June 20 marks World Refugee Day, a day to remember the plight of refugees around the world and to call global attention toward their situation. Pakistan currently hosts nearly 1.7 million Afghan refugees, the largest refugee population in the world.

Dozens killed in China mine explosion

DISASTER State media say at least 46 miners were killed when an explosion ripped through a mine in the central Chinese province of Henan.

The State Administration of Work Safety said the blast early today hit a mine in Pingdingshan city in the province.

The official Xinhua News Agency reported on the deaths and said at least 12 miners still are missing.

Safety has improved sharply in recent years, but China's mining industry is by far the world's deadliest. Accidents and blasts killed more than 2,600 coal miners last year.

THE ASSOCIATED PRESS

Hurricane Celia tears up Pacific coast

STORM Hurricane Celia howled toward the open ocean, away from Mexico's Pacific coast yesterday.

11 The U.S. National Hurricane Center in Miami says Hurricane Celia is moving westward at 11 kph, which will take the storm into the open Pacific.

The first hurricane of the 2010 season had maximum sustained winds of about 120 kilometres per hour and was expected to gradually strengthen.

A Category 1 hurricane, Celia was centred about 590 kilometres south of Acapulco yesterday afternoon, the U.S. National Hurricane Center in Miami said.

The storm was moving westward at about 11 kph. That course would take Celia into the open Pacific, and forecasters said there was no immediate threat to land.

Dario Rodriguez, a forecaster at Mexico's National Meteorological Service, said Mexico would not be affected by wind or rain from Celia because it was too far out to sea.

Rodriguez said the hurricane could cause some increased waves along the southern Pacific coast in the states of Oaxaca and Guerrero. THE ASSOCIATED PRESS

News in brief

SCANDAL The Vatican pledged yesterday that Naples' cardinal would co-operate with an investigation by Italian prosecutors into a sprawling scandal for alleged corruption while he led the Holy See office bankrolling missionary work abroad. Cardinal Crescenzio Sepe's dealings are being scrutinized in an alleged web of kickbacks and favours, including purported sexual ones.

U.S. A tornado that touched down in Billings, Mont., caused heavy damage to parts of an expo centre yesterday evening, a Montana highway patrol dispatcher said. The Expo Center at Metra Park suffered damage when the tornado hit in a neighbourhood called The Heights, he said.

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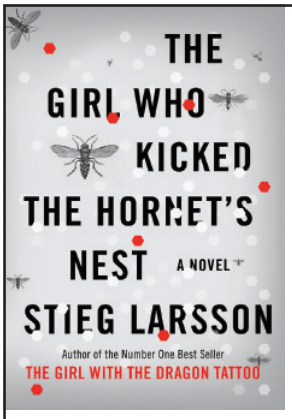

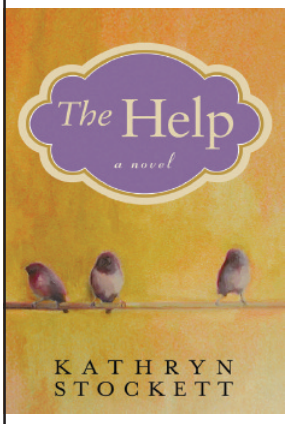

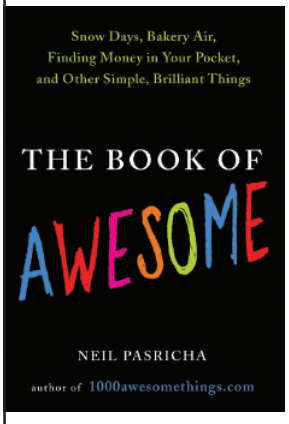

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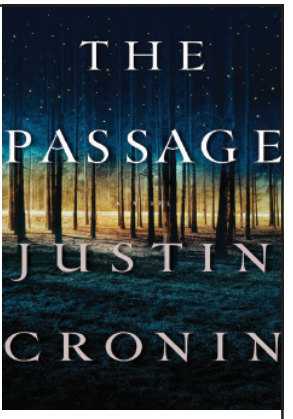

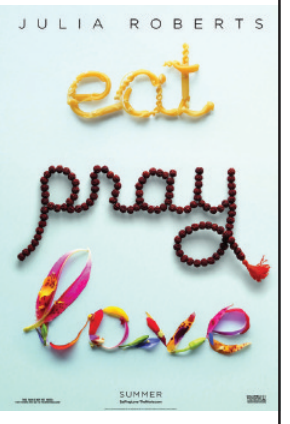

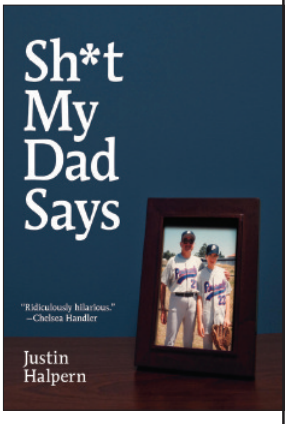

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Comment

Slow is the new fast

At first blush, a recent study recommending slower vehicle speeds on a six-block stretch of Vancouver's East Hastings Street struck me as, well, misguided. That's because high velocities aren't the only reason for traffic-caused pedestrian injuries in the challenged Main and Hastings neighbourhood.

It's the unfortunate combination of lawlessness and social disorder that makes the area more prone to traffic trouble. On the occasions I have driven or cycled through the Downtown Eastside, I have witnessed everything from vicious beatings in the middle of the street, to people wandering carelessly into moving traffic.

But regardless of underlying social problems and associated risk-taking, cars and trucks are still hurting pedestrians here at a higher rate than the rest of the city. That fact in itself is impossible to brush aside.

So the report, prepared for the Vancouver Area Network of Drug Users (VANDU), wants to lower the speed limit for vehicles to a mellower 30 kilometres per hour — a concept apparently first endorsed by the Vancouver Police Department.

The idea of lowering motorist speeds in the city is a good one — even if Vancouver's most politicized neighbourhood is probably the wrong place to start.

A slower traffic environment would not only be a boon for pedestrians and cyclists, it would also be beneficial to more eco-friendly forms of motorized transport. Think mopeds, motorcycles, smart cars and micro-vehicles.

"A slower traffic environment would not only be a boon for pedestrians and cyclists, it would also be beneficial to more eco-friendly forms of motorized transport."

No longer would their vulnerable drivers need to worry so much about reckless tailgaters and red-light runners, whose speeds often exceed 80 km/h, never mind 50.

One can only imagine how many more pint-sized vehicles might commute into downtown Vancouver if, for example, the Stanley Park Causeway's speed limit was also reduced.

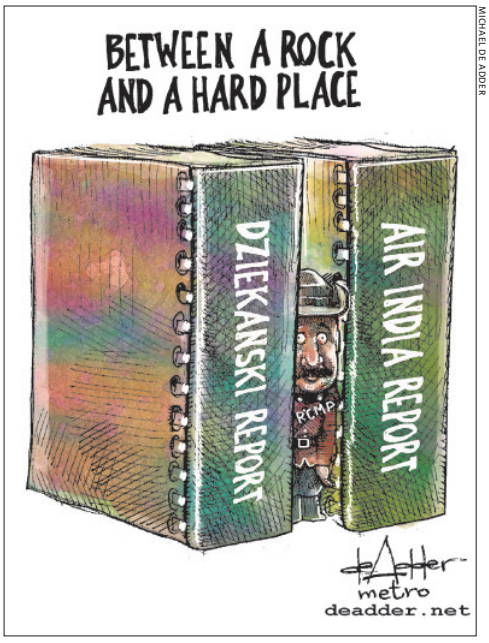
More people believe that when it comes to driving, slow is the new fast. That's what Automobile Magazine declared in a recent article entitled The Joy Of Slow.

Others have echoed that sentiment.

The Sightline Institute, a Seattle-based think-tank, has written previously about the benefits of the so-called slow car movement, given that lower road speeds lead to reduced fuel consumption. And New York Times Magazine contributor Robert Sullivan has written about the "Slow-Road Movement" in the context of rethinking our manic roads and highways.

So put aside the fact that the VANDU report is ultimately flawed. Given the benefits of slowing cars down throughout the city, it is still the right thing to do.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.



MICHAEL DE ADDER

Noteworthy

Groundwork laid for UN ozone treaty talks

Governments have moved closer to curbing the use of chemicals commonly used as coolants in refrigerators, air conditioners, hair spray and other household items in what some say would be among their biggest climate decisions ever.

The obscure round of UN ozone treaty talks in Geneva, which few people are following, laid the groundwork late last week for a possible decision in Uganda in November to halt the promotion of hydrofluorocarbons, or HFCs, which are manmade chemicals not found naturally in the environment, and are considered greenhouse gases.

The U.S., Canada and Mexico gave the talks a boost by joining the small island nations of Micronesia and Mauritius in petitioning to amend the ozone treaty known as the 1987 Montreal Protocol to drastically cut production and use of HFCs.

By 2050, scientists predict HFCs could account for 20 per cent of the world's greenhouse gases.

CFCs destroy ozone, the atmospheric layer that helps protect against the sun's most harmful rays.

THE ASSOCIATED PRESS

Worth mentioning

World Cup kindles quirky allegiances

In India, World Cup fever has fuelled a rivalry between rickshaw drivers.

Revenge-minded Serbians are backing the Americans — in hopes of a chance to beat them in Round 2. In Haiti, pro-Brazil passion helps chase away the post-earthquake blues.

No other sporting event stirs up such a surge of emotion all around the globe as the World Cup. It's not a simple matter of supporting one's home-country team — all sorts of subplots arise, and some of the most zealous fans can be found in countries with no team of their own in the field.

India, for example, has never played a World Cup match. Yet international soccer has a huge following in the planet's second-most populous country, and by some measures — including prominence on cable TV — the tournament overshadowed this weekend's Asia Cup cricket match with rival Pakistan.

"No other sporting event stirs up such a surge of emotion all around the globe as the World Cup."

In India's southern state of Kerala, fans have been staying up late to watch World Cup telecasts, and two motorized rickshaw drivers have painted their vehicles in the colours of their favourite teams, Brazil and Argentina, to attract like-minded customers.

"I think Brazil has more supporters than Argentina, at least in Kerala," said a gleeful Mohammed Ali, whose rickshaw is now yellow with green highlights. He's threatened to set his vehicle on fire if the Brazilians fail to win their sixth title.

Brazil and Argentina also are the teams of choice in neighbouring, impoverished Bangladesh, with flags of the two South American nations flying from rooftops and treetops. When a power outage interrupted a telecast of the Argentina-Nigeria match in the capital city of Dhaka, angry fans by the hundreds smashed vehicles.

One of Dhaka's top universities closed indefinitely yesterday after students clashed over whether to cancel classes to watch the World Cup. Fervent soccer fans demanded an early summer vacation so they could watch more matches. At least five injuries were reported when they clashed with other students who wanted classes to continue.

In Haiti, Argentina is an afterthought. Brazilians who visit the earthquake-wracked country say Haitians may be more passionate about the Selecao than the South Americans themselves.

Brazilian flags fly from cars overheating in Port-au-Prince's oppressive traffic; people who can barely afford shoes somehow break out new yellow jerseys of their favourite players.

THE ASSOCIATED PRESS

Quote of the Day

"Accountability must be more than counting. That's why this week the G8 must set clear plans for how those countries that are off track will get back on track with commitments."

— MARK ENTWISTLE, A SENIOR ADVISER FOR CANADA AND THE SUMMITS FROM THE WASHINGTON, D.C.-BASED ADVOCACY GROUP ONE, AFTER A REPORT RELEASED YESTERDAY SAYS THE OECD AND GROUP OF EIGHT COUNTRIES ARE $10 BILLION BEHIND THE FIVE-YEAR, $50-BILLION INCREASE THEY PROMISED AT THEIR 2005 SUMMIT IN SCOTLAND. THE CANADIAN PRESS

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Recipe pg10

Sweet summer drinks

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Swimsuits pg8

What to wear by the water

Be sun savvy

Smart summer beauties sport sun protection

Whether you're heading to the cottage, planning a bike trip or staying home and exploring your city, you'll likely be spending more time in the sun come summer.

This means planning ahead and arming yourself with proper protection from the sun's harmful ultraviolet rays. Here are a few tips:

Pack or stock up on sunscreen. An average adult needs about 2 tablespoons to cover the body. Since a 300 ml bottle has about 8-10 applications, every adult will need one bottle for a 10-day trip, says dermatologist Dr. Gordon Searles, of Edmonton.

Don't forget sunglasses and hats — preferably ones that cover the back of the neck. Check out other sun protective gear, too. "These hats, bathing suits and other summer clothes are quite fashionable and widely available," says Dr. Searles. If that's not feasible, pack tightly woven clothes.

Remember to pack moisturizer to keep your skin hydrated while out in the sun — even better if it has an SPF rating.

Even if you're snorkeling, you'll need water-proof protection. "The sun's rays can penetrate up to 6 feet of water," warns Dr. Searles.

Put sunscreen on 20-30 minutes before heading to the beach, boat, pool or trail. Apply it to your arms, legs, chest and face. Remember your feet, ears, hands and lips. "People often forget about their scalp," says Dr. Searles. "If you get wet, your hair separates and your part gets wider and that's an area that doesn't typically see a lot of sun, so you can get quite an unpleasant sunburn." Reapply the sunscreen every 1-2 hours.

PAULINE ANDERSON

Summer in Canada is sweet but oh-so-short, and we want to savour every sun filled moment – beautifully!

To help you do just that, we've partnered with Proctor and Gamble to bring you this special summer beauty guide, filled with tips, tricks and expert advice to help to make this your most beautiful summer ever!

Heat relief

Stash these summer must-haves in your tote to freshen up fast:

- A purse-sized atomizer of thermal spring water—for a quick blast of cool that won't disturb your makeup.
- Blotting papers to reduce shine by absorbing excess oil.
- Baby wipes for stealth de-griming if your sandal-clad toes have attracted some city dirt.

LIZA HERZ

Inner beauty pg 6

Start your day the right way

Live real and face the world beautifully every day

RELAX Living authentically — that is, not worrying about what others think of you — could make a difference to your beauty and glow, says Dr. Sarah Freke, a family physician who practises as a psychoanalyst in Toronto. "Worrying can make you tense, and that will affect your posture and your facial muscles." Relax, get some gentle exercise and be good to yourself, and it will show.

Slow starts to the day get Dr. Freke's approval. "It's tremendously useful to have quiet time first thing in the morning," she says. Gentle activities such as yoga, a quiet walk and slow stretching are good, but so is lying in bed and thinking through how your day will shape up. That lying and thinking, says Dr. Freke, is healthy "brain-working time." Giving yourself time to think can take the stressful edge off of a busy life — and relax a harried expression.

GILDA SWARTZ

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DREW BARRYMORE

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Drew Barrymore is wearing Smoky ShadowBlast in Purple Plume.

easy breezy beautiful COVERGIRL

Keep skin protected
Moisturizers have minimum SPF 15 that it's easy to apply every morning after the shower. If you want your skin to age well, it's the least expensive solution around. **NINA MACDONALD, RN DERMATOLOGY & NURSE MANAGER – VANCOUVER'S SKIN CARE CENTRE**

Melt-proof makeup

Here's how to get your glow on!

How do they do it? Those women who look fresh and radiant while the rest of us resemble Popsicles melting in the summer heat? Read on to get the 'glow-how' on summer beauty with minimum products for maximum effect.

Expert beauty tips!

Daytime cool

Despite what you've seen on Jersey Shore, summer does not start at the tanning salon. Instead, use gradual self-tanner and build natural looking colour (not Snooki orange) over a period of days. And remember, faux tans offer no sun protection, so always apply sunscreen before heading outdoors.

Carmindy, the L.A.-based celebrity make-up artist featured on the TV series 'What Not to Wear' and author of the new beauty-tip bible, Crazy Busy Beautiful (Harper Studio, $15), modifies her 'basic day face' with a few simple humidity-busting tricks. For the oily-skinned, she recommends mattifying gel underneath a light layer of foundation dusted with powder. Powder instead of cream blush stays put in the heat and she likes to "keep eyes simple with waterproof eyeliner in indigo or jade green on the upper lash line" finishing with a coat of waterproof mascara.

Finally, swap your lipstick for a bold yet sheer orange or pink gloss that flatters bronzed and pale complexions alike.

Of course, if you feel naked without lipstick, try this spare, dramatic look favoured by Toronto-based makeup artist Grace Lee: a strong orange-red or fuchsia matte lip paired with nothing but mascara'd (waterproof, or course) eyes. "Just fill your entire lip with matching pencil, then apply lipstick, blot and it will last all day," says Lee.

Nighttime glow

A couple of key additions can turn a day look into night. "Waterproof dark liner in the inner rim of your eye takes literally seconds but makes a huge impact in creating definition and drama," says Lee.

Shimmer bronzer adds instant smudge-proof sparkle. Even the pale can get their shimmer on with rose-gold tones over the more traditional caramel to toffee shades. "Apply along the sides of your face and right underneath the cheekbones," says Carmindy.

Next, apply a lighter shade of shimmer powder to shoulders and décolletage, finish up with a slick of golden shimmer gloss (layered over lipstick or alone) and hit the patio, humidity be damned.

LIZA HERZ

ELMWOOD SPA

When summer heat gets to you, head to the spa for a skin-freshening facial.

Skincare Rx

5 steps to spectacular summer skin

Summer beauty is easy to achieve – all it takes is a few simple steps.

1 Cleanse
Increased exposure to sun, water and air conditioning all work toward dehydrating your skin, says aesthetician Giovanna Manchisi, senior manager of spa services at Toronto's Elmwood Spa. She suggests choosing a hydrating cleanser that removes all the skin impurities and leaves no residue.

2 Exfoliate
Manchisi suggests exfoliating twice a week after using cleanser because sun, sand and sunscreen contribute to dead skin cell build-up.

The caveat, says Dr Frances Jang, dermatologist and owner of Vancouver's Skinworks, is to make sure the exfoliant is matched to your skin. Light fair skin, for example, might be too delicate for a granular scrub, but oily skin with clogged pores is fine for it.

Mechanical exfoliants — grains and loofahs — should be used with care with certain skins, since abrasions can leave the skin open to hyper-pigmentation (dark spots) from sun.

3 Tone
Toners are often an overlooked part of the system. But, says Manchisi, they are actually a key component in calming skin and closing pores. The ones that contain witch hazel are good for the skin. Steer clear of any that contain alcohol, she says, because it can strip the skin of its natural oil.

4 Moisturize
Always finish with a moisturizer that is lighter than your rich winter cream. Without moisturizer, the skin produces sebum, which creates a greasy layer that can clog pores. And when summer heat dehydrates the skin, you lose the natural glow too.

5 Antioxidants
Exfoliant products that contain antioxidants, such as vitamins A, C, E, or AHA (alphahydroxy), lactic acid and retin-A, may help protect against sun damage and aging. As Dr. Jang explains, "UV damage creates free radicals on skin and they in turn create the sun damage. You can neutralize these free radicals with antioxidants such as vitamins E and C."

Vitamin A in the form of retin-A may help build up new collagen. Speak to a skin expert for more information — this product may irritate sensitive skin.

ALEX NEWMAN

Water works

HYDRATE When Patricia Chuey's son was five years old, he caught a frog — and then forgot about it. The poor thing shriveled up and died, but it provided an opportunity for the B.C.-based consulting dietician to have a chat with her boy about the need for hydration. The frog was an apt illustration of why our skin, like every part of our body, requires water.

You may prefer to think of grapes and raisins, but the fact remains, we all need water, especially in the coming hot months. How much?

The general rule, Chuey says, is one millilitre of water per calorie consumed… if you eat a typical 2,000 calories per day, that would add up to about two litres or eight glasses of water a day.

It doesn't have to be water — milk, fruit juice, even tea and coffee will do (as long as they aren't super strong). Watery fruits, veggies and soup also contribute.

During exercise, she recommends drinking about a quarter cup of water every 15 to 20 minutes.

By the time you feel thirsty it's too late, says Chuey. You are already in the early stages of dehydration.

KIM ZARZOUR

Swimmers hair

For swimmers' hair, go with a gentle shampoo and deep conditioner, skip the hair dryer, at least some of the time, and let your tresses dry naturally. **GIOVANNA MANCHISI – ELMWOOD SPA**

Fuss-free summer hair trends

Simple strategies that really work

Want a warm weather coif that looks great? Here are tips for simple styles, frizz-fighters and UV screens.

"The number one trend for summer is natural hair, letting hair dry naturally in sculpted styles," says Alain Larivée, stylist and co-owner of CAJH Maitres Coiffeurs in Montreal.

Start with a shampoo and conditioner for your hair type, says Larivée. Apply a curl-enhancing cream or anti-frizz serum immediately after the shower (skip the towel-turban step — it causes frizz). "Work the product through from the top to the ends, and work hair into shape while it's wet," he advises.

To keep hair back from the face, Larivée suggests braids and loose chignons as hot hot-weather styles. Try working the casual side braid, which hit big after Alexander Wang's Spring/Summer 2010 show; twist it into a little side bun if you want to get it off your neck. Get easy how-to tips and videos via Google.

If you're not in a braidy mood, a simple clean pony-tail is a classic keep-cool do, especially for naturally straight hair. Greg May, owner of Greg May Hair Architects in Toronto, likes the sophistication of a low ponytail fastened at the nape of the neck. Go for a high ponytail for a younger look; follow the line of your jaw for optimal placement.

For added frizz control, consider a glaze treatment, which will crank up shine and help keep the cuticle smoother through several shampoos. May uses a soy-protein based demi-permanent shine formula in his salon, which replaces lost amino acids and comes in tinted versions to boost colour intensity. Clear demi-permanent DIY glazes are also available at the drugstore.

When it comes to sun exposure, many salon and drugstore products offer built-in UV protection, (which also helps prevent colour fading) and they say so on their labels. May also highlights Argan oil, which is available in drugstores and salons, as a protective agent. "Ferulic acid is part of its composition — it has high antioxidant properties to fight UV rays," he explains.

Mario Verrilli of Onaré Salon in Mississauga says to risk sun exposure only in small doses. "If you have colour-treated hair, a hat is the best protection."

If you're a pool – or beach – bunny, minimize damage by wetting your hair before jumping in. "Hair can absorb only so much water," he says. "Lightly coating hair with a cream conditioner — preferably a biodegradeable one —before entering the water will also help."

JANINE FALCON

> **"The number one trend for summer is natural hair, letting hair dry naturally in sculpted styles"**
> Alain Larivée, CAJH Maitres Coiffeurs

Humidex high? Here's how to fight back

TIPS "Humidity causes increased sweat and oil, causing follicles and pores to clog," says Laura Kingston, an esthetics instructor at Concepts School of Cosmetology in Halifax. Common areas affected are the face, neck, back, chest and feet. Shower every day, but "avoid harsh, drying products like soap and astringent," says Kingston. Here are her recommendations for treating the following humidity-induced skin issues at home (for persistent problems, consult a doctor, dermatologist or pharmacist).

Acne

This can flare up on humid days. To prevent breakouts, use a facial cleanser that doesn't make skin feel dry, tight or sore; exfoliate with a product containing alpha hydroxyl acid (AHA) or one that's acid-based; use a gentle toner such as witch hazel; and apply a light moisturizer. Put on sunscreen last, but before makeup.

Fungal infections

Apply an antifungal foot cream to athlete's foot and put tea tree oil on affected toenails, which will be thick and yellow.

Bacterial infections

These can present as colourless patches of skin on the chest, shoulders and back. Use a dandruff shampoo as a body wash, says Kingston, or dab it straight onto dry skin.

Heat rashes

They can appear anywhere, from around the nose and mouth to the groin and underarms. To relieve redness and itchiness, apply pure aloe vera gel, witch hazel or a paste of oatmeal and water.

Help your hairdo

According to Debbie LeFort, a master hair-styling instructor at Concepts, humidity makes straight hair limp and curly hair frizzy. "Regardless of hair type, if you want to hold your style, don't touch your hair after you've sprayed it," says LeFort.

Straight hair

Use a volumizing shampoo and conditioner, work in mousse from the end of the hair shaft to the root. Dry, style and finish with a spray that says "anti-humidity" or "anti-humectant" on the bottle.

Curly hair

Use a moisture-balanced shampoo, then follow the same steps for straight hair. (On really humid days, you might have to give in and embrace the volume.)

JANE DOUCET

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Apply fragrance to pulse points — your neck just above your collarbone and just below your earlobes, between your breasts, inside your elbows and wrists or behind your knees — where blood vessels close to the skin will warm it and release the fragrance. **TAMMY SMITHAM**

Good morning sunshine

Five sure-fire ways to start the day with a beauty boost.

1 Keep your blinds and your windows partly open at night

Waking up with natural light is a naturally cheery way to wake up. Natural light may also tell your biological clock that it's time to rise, by increasing your adrenaline levels. Over time, you may be able to rely on your biological clock instead of the shrill ringing of your alarm — and guess which wake-up call is more calming?

2 Start your day calm

Marilyn Freeman, a retired teacher in Kingston, Ont., admits to being a type-A person. "I want to jump out of bed and start running around accomplishing things," says Freeman, an avid cyclist, hiker, paddler and volunteer. Instead she gets up and does yoga in a quiet room in her house. Sometimes she listens to a tape, other times she opens her windows and listens to birdsongs. As well as providing stretch and strength benefits, yoga calms Freeman. "In a world that sometimes appears to be spiralling out of control, yoga gives me a sense of personal control."

3 Cuddle with your kids

Waking up to a grouchy kid can start the whole family off on a downer day. Instead of a screechy wake-up call, try waking your kids gently and affectionately. If your children are young, wake them with hugs and kisses. If they're older, try an affectionate head massage and firm but gentle wake-up words. Kid-time is precious, and morning hugs can ensure a heart-warming hello to everyone's day.

4 Get up on the right side of the bed

This isn't a spatial directive, but a psychological one — at least for Cheryl Embrett, a Toronto writer and mother. "Before I get out of bed I think about five things I'm going to be grateful for that day." Her thoughts can be as simple as being thankful for having good coffee to brew. Embrett says, "My negativity was sucking energy. Now I've noticed a difference and my husband finds me much more positive."

5 Walk in fresh air

Slip into comfy clothes first thing in the morning and head outdoors for a 20 to 30 minute walk. A walk can lower your stress level and blood pressure (and it also helps you manage your weight and reduce your risk of type 2 diabetes).

Walking in the fresh morning air — even in the rain — can boost your mood and your outlook.

GILDA SWARTZ

Tips for summer nails

Manicures and pedicures are an important part of your beauty regime, especially during the summer. Here's how to keep your hands and feet looking their warm-weather best!

Polish up

A common do-it-yourself manicure instruction is to apply polish in just three strokes, one down the middle of the nail and one on each side. But if you watch a pro, the moves are a little different. Rita Remark of Toronto's Tips Nail Bar and Spa offers this advice:

- As you withdraw the brush from the bottle, drag one side against the lip to keep polish to one side of the bristles. "Don't be afraid to have plenty of product, as it glides easier and prevents streaking."
- Set the brush — polish down-on the nail one-quarter of the way down from the cuticle. Slowly push it up, and before the polish actually touches the cuticle, sweep down to the tip. Without re-dipping, distribute polish evenly with another stroke or two. "Especially when applying light shades, fewer strokes are better. The more you brush, the more you streak."

Chip tips

Whether you've done your own polish or had a professional job, "after a couple of days, freshen up the top coat, making sure to glide right to the ends," says Remark. "This will restore shine and give polish a fighting chance against chipping."

If you do get a little chip, file the nail length down lightly to minimize or eliminate the chipped bit, then apply another layer of top coat.

Another type of salon manicure and pedicure, involving "soak-off" gel, is rapidly gaining popularity; results can last two weeks or longer without chipping. Designed for natural nails, formulas such as OPI Axxium Gel and CND Shellac (a gel-polish hybrid) deliver a thinner, more flexible finish than traditional gel. Each layer is UV-cured — so there's zero drying time. Removal requires a salon appointment to soak nails in acetone and gently flake the gel off.

Daily TLC

Maria Cristina Faccio, owner of Ritual Tanning Salon & Nail Bar in downtown Toronto, recommends keeping cuticles soft by applying cuticle oil every night before bed.

Also, SPF on hands is a must "to prevent age spots and aged skin," she says. (Wipe nails immediately post application; sunscreen can mar the shiny polish finish.)

And don't forget your poor feet, constantly exposed in warm weather. "Slather them in moisturizer and sleep in breathable cotton socks," Faccio says.

JANINE FALCON

Scents and sensibility — what's yours?

Flowers are more than just pretty faces. Their scent evokes powerful emotions, moods and memories — and that's made perfume a perennial part of most beauty wardrobes.

Rose and lavender remain timeless favourites, but this season's most popular fragrances feature more exotic blooms. Notes of freesia, grapefruit, mandarin, orchid and rose with pear are present in the perfect-for-summer scents, says Tammy Smitham, of Shoppers Drug Mart and its upmarket cousin, Murale.

Each flower has a fragrance profile. Freesia is intensely sweet and comforting. Rose offers a warm, deep sweetness considered an aphrodisiac, but often has a bracing hit of cloves or other spicy scents. Lavender is pungent, herbaceous and soothing. Orange blossom is fruity, delicate and honey-sweet yet refreshing. And various orchids serve up scents that stretch from coconut to cedar.

Summer-fresh fragrances from natural sources are usually more expensive than synthetics, especially if they are harvested from rare blooms or faraway places. The classic brands usually contain real-flower ingredients. Ask an expert at the fragrance counter, Smitham suggests, to help you pick a classic or contemporary perfume that suits both the season and your personality.

JO CALVERT

warm weather

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Sunny side of summer

Sunlight actually boosts our mood. The rays suppress the production of melatonin, a hormone that makes us feel sleepy and generally. **DR. IRVIN WOLKOFF, A TORONTO PSYCHIATRIST**

Trendwatch
Bare it!

With summer upon us, it's time to bare more than just our faces on the beach! Besides the usual methods (razors, creams, waxing and laser), here's a look at three hot trends in hair removal.

Hair Removal Pads: These pads are like extra-fine sandpaper and gently buff hair (and dead skin) off your body.

Body Sugaring: Similar to waxing, this method has the added benefit of exfoliation. Available in spas and salons, there are also recipes on the Internet for home.

Epilation: Shaver-shaped devices tweeze hair – a patch at a time. Web chat indicates it gets less painful with each use.

Be sure to talk to a beauty advisor about whether these methods might work well for you.

LORI DANCE

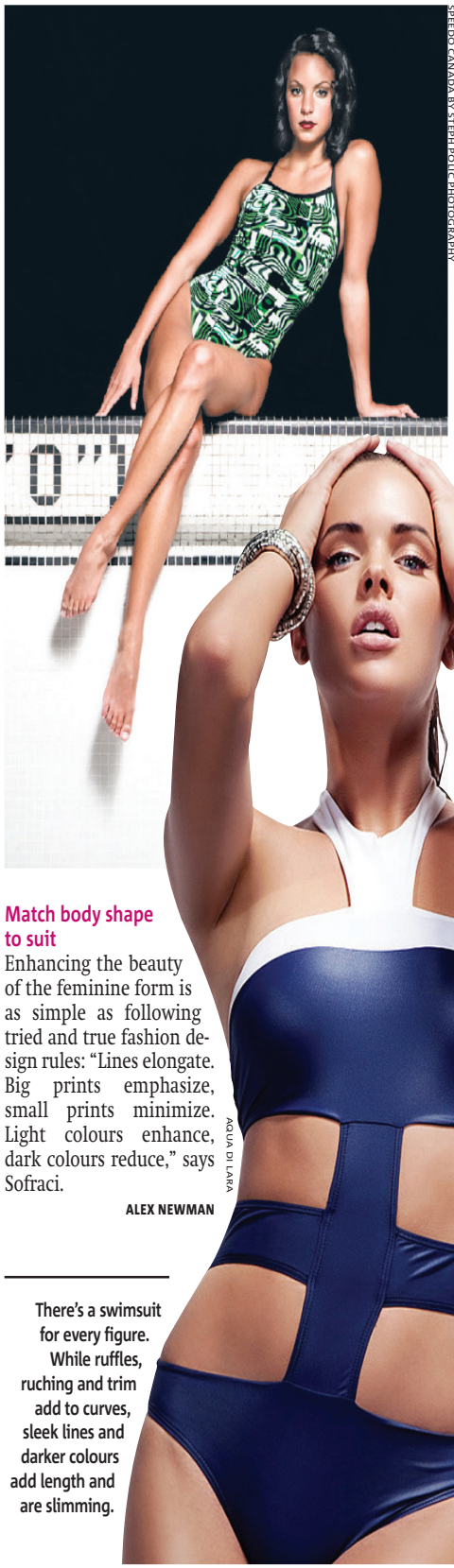
Care free

Summer "brings back all those wonderful feelings" of childhood and running barefoot.

DR. IRVING WOOLKOFF

In the swim

Since the days of the Roman bath, deciding what to wear by the water has always been a challenge — do we go for comfort or style? Thanks to new materials, and fantastic designers, making the choice is no longer such a big deal.



SPEEDO CANADA BY STEPH POLIC PHOTOGRAPHY

AQUA DI LARA

There's a swimsuit for every figure. While ruffles, ruching and trim add to curves, sleek lines and darker colours add length and are slimming.

Material girl

According to Janet Morrison of Omni Swim Aquatics in Toronto, the best material is polyester because it resists fading and stretching in harsh pool chemicals. Lycra, on the other hand, tends to stretch so much that after three months of constant use, "you'll be able to tie a knot in it," she says.

The material also makes a difference also when getting fitted: "A Lycra suit needs to be really tight because it will stretch, whereas polyester should just be comfortable, because it won't stretch," Morrison says.

Patterns

The looks for 2010 are "solid, vibrant colours or graphic patterns, plus some textured and specialty fabrics," says Reyhan Sofraci, creative director and owner of Montreal's Aqua Di Lara Swimwear, a line of haute fashion bathing suits.

Design

And they're a little more daring in their design. Bandeaus and tarzan bottoms are a huge hit, says Sofraci, "with the cut-away suit, or monokini, being a particularly flattering style. Strategic fabric placement keeps certain areas hidden and yet has great sex appeal."

Though Sofraci loves "innovative fabrics," function is important: "The suits must brave water, sun and chlorine and stay as beautiful as when first purchased."

Match body shape to suit

Enhancing the beauty of the feminine form is as simple as following tried and true fashion design rules: "Lines elongate. Big prints emphasize, small prints minimize. Light colours enhance, dark colours reduce," says Sofraci.

ALEX NEWMAN

Fashion watch

From crowded trains and buses to air-conditioned cars and offices and everything in between, dressing for summer heat can be a challenge! Here are 10 ways to keep cool... and look great.

Wear breathable cotton and linen in lighter colours; steer clear of clingy jersey and synthetics. If you've got an active day, high-tech fabrics will wick moisture away from your skin.

Loosen up. "Something about the heat makes people feel they need to wear too little, and too tight," bemoans David Clemmer, wardrobe consultant for the popular makeover series Style By Jury.

It's okay to move up your hemline a bit if the look's right for you and your work environment. If it's corporate, forget the mini. Your best bet, says Toronto-based image consultant Kelly Millar, is at or just above the knee.

Go for balance: if you wear a flirty skirt, balance it with a jacket or cardigan; pair a tank top with a longer flowing skirt or capris with billowy tops.

Dress in layers. Loosely roll a lightweight, neutral-coloured jacket or cardigan and stash it in your knapsack or purse for the commute; hang it over the back of your chair so the creases fall out. If your office provides a place to hang clothes, keep a crisp white shirt as a back-up.

Kelly Millar

"Something about the heat makes people feel they need to wear too little, and too tight"
KDavid Clemmer, wardrobe consultant for Style By Jury

Ditch the pantyhose if your workplace allows it — but forget flip-flops. "They should only be allowed where sand is present," Clemmer says. Avoid flaming toenail colours "so people aren't noticing your nails or feet before they notice you."

Pull hair up off the neck in a chignon or ponytail. (Or, for those with longer hair, try a shorter cut this summer!)

Ice cubes or a damp wash cloth on the neck or wrists help cool you down. Install a small desk fan.

Keep anti-perspirant (it reduces wetness) or deodorant (it lets you sweat but keeps you smelling sweet) in your desk or purse. Underarm shields, which are thin adhesive pads that absorb sweat, are another option.

Take a cool bath or lukewarm shower before you head out for the evening again.

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Photo sensitivity

Some foods, like celery and rutabaga, contain phyto coumarin. "When ingested, these foods are absorbed through the body and show up in the skin. When exposed to the sun, the chemical is converted to an oxygen radical and that can lead to a sunburn-like reaction". DR. GORDON SEARLES

Foods to boost your beauty

When it comes to skin care, what you put on your plate may be more important than what you put on your skin, says Toronto dietitian Fran Berkoff.

"Everything we eat affects our body inside and out," says Berkoff, "so the healthier the foods you eat, the better your skin will look. There's no need to take supplements."

The best way to nourish your skin is to follow Canada's Food Guide, she says. Getting the recommended 7-10 servings of fruits and veggies a day is super easy with farmer's markets everywhere these days. Choose fruit for breakfast, dessert and snacks, make a salad for lunch and steam up different-coloured veggies with dinner.

Eat your fruit and veggies. Vitamin C produces collagen and may help reduce the damage (and wrinkles) caused by overexposure to the sun. Broccoli, tomatoes, red peppers, dark greens, strawberries and local muskmelon (cantaloupe) are all rich in this essential vitamin and powerful antioxidant.

Eat your fruit & veggies!

Take the E train. Vitamin E, another important antioxidant, may also help protect skin from sun damage and keep it looking great. Get your fix by making a big salad spritzed with good olive oil and sprinkled with nuts and seeds. For snacks, enjoy a handful of almonds.

Make a splash. Our bodies, and our skin, love Vitamin A, and one of the best places to get it is from dairy products. Think berry-banana smoothies with low-fat milk for breakfast, yogourt with fresh fruit and a mid-afternoon cup of frozen yogourt. Since we also convert beta carotene to Vitamin A, serve a low-fat yogourt dip with bright orange carrot, sweet potato or rutabaga sticks.

"More studies are needed to figure out the long-term benefits of food on our skin," says Berkoff, "but we know for sure that eating a variety of healthy foods and drinking plenty of water to keep your skin hydrated will go a long way to helping you look and feel terrific this summer."

CYNTHIA DAVID

Fitness watch — beach ready workout

Well toned muscles look fabulous in summer bikinis and tank tops… and toning muscles is easier to do than you think, says Krista Popowych, manager of the Richmond Olympic Oval in Richmond, B.C. She recommends five muscle conditioning moves to help tone the muscles that are most often bared in summer!

Health Canada recommends that healthy Canadians aim for at least 60 minutes of physical activity every day. That includes aerobic exercise such as cycling and fast walking and muscle conditioning.

Remember that losing a bit of weight — and fat — might be important too, in revealing muscle tone. The best way to lose extra fat is to combine aerobic exercise with healthy eating.

1 Wide leg squat with calf raise

(Targets: legs)

Stand with feet wide and toes turned outward. Bend knees as you lower your torso straight down. Lift heels and balance on toes for 3 seconds. Drop heels and lift torso back to starting position. Be sure to keep all movements slow and controlled in this exercise and others. Repeat 10-12 times.

Advanced: Repeat 10-12 more times.

2 Wide leg push-up

(Targets: arms, shoulders, chest and core)

Start in a push-up position with legs wider than hip width and arms in line with shoulders, elbows slightly bent and pointing back (not to the sides). Bend elbows slowly as you lower your upper body to the ground. Pause, then push yourself up to the starting position. Repeat 10-12 times.

Advanced: In the upper position, reach out one arm. Hold for 5 seconds. Lower. Change sides.

3 Reverse lunge into knee lift

(Targets: glutes, quads, hamstrings, calves)

Stand with feet hip width apart and arms by your sides. Bend the left knee as you step the right leg back into a lunge position. In a slow, sweeping motion, and as you straighten the left knee, lift the right leg forward and bend the knee up to waist height. Reach the right leg back again into a lunge position. Repeat 10-12 times. Change legs.

Advanced: As you bring the knee up, do a bicep curl with your arms. As you lower the leg, lower your arms again too.

4 Side plank

(Targets: shoulders, core, abdominals)

Lie on your left side with elbow bent and body lifted off the floor with legs extended and stacked or the top foot acting as a brace on the ground in front of the right foot. Be sure neck is in line with the spine. Extend right arm up towards the ceiling. Hold for up to 15-50 seconds.

Advanced: Sweep your right arm around and under your body to touch the ground underneath.

5 Bicycle

(Targets: Abs)

Lie on your back with head, neck and shoulders raised, elbows wide, hands lightly touching either side of your head. Reach your opposite elbow to opposite knee as you start to cycle. Repeat 30-50 seconds. Take a break and repeat.

Advanced: Change the tempo — slower is more challenging.

YLVA VAN BUUREN

Recipe

Sensational summer smoothies

Blend vitamin-rich fruit with other delicious ingredients for a healthy and refreshing summer smoothie that is guaranteed to make you feel great inside and out. The Dairy Famers of Canada provided these recipes. CYNTHIA DAVID

Strawberry cantaloupe smoothie

- 1 cup (250 mL) chopped Ontario muskmelon or cantaloupe
- ½ cup (125 mL) chopped strawberries
- 1/3 cup frozen cranberry juice concentrate
- 1 ½ cups (375 mL) cold milk
- 1 cup (250 mL) ice

In a blender, puree melon, strawberries and concentrate together until smooth. Add milk and ice; blend again. Enjoy immediately.

SERVES 2

Mango smoothie

- 1 large ripe mango, peeled and chopped
- ½ tsp (2 ½ mL) grated fresh ginger
- 1/3 cup (75 mL) frozen orange juice concentrate
- 1 ½ cups (375 mL) cold milk
- 1 cup (250 mL) ice

In a blender, puree mango, ginger and concentrate together until smooth. Add milk and ice; blend again. Pour into tall glasses and enjoy.

SERVES 2

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Rogers pays $30M back to customers

Rogers Communications is reimbursing hundreds of thousands of customers a total of $30 million because of a billing mistake, the company said Friday. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Mass? There's an app for that

An Italian priest has developed an application that will let priests celebrate Mass with an iPad on the altar instead of the regular Roman missal.

The Rev. Paolo Padrini, 36, a consultant with the Vatican's Pontifical Council for Social Communications, says the free application will be launched in July in English, French, Spanish, Italian and Latin.

Two years ago, Padrini developed the iBreviary, an application that brought the book of daily prayers used by priests onto iPhones. To date, some 200,000 people have downloaded the application, he said.

The iPad application is similar but also contains the complete missal — containing all that is said and sung during Mass throughout the liturgical year. Upgrades are expected to feature audio as well as commentaries and suggestions for homilies as well as musical accompaniment, he said.

"Paper books will never disappear," he said in a phone interview from his home parish in Tortona, in Italy's northern Piemonte region. But at the same time "we shouldn't be scandalized that on altars there are these instruments in support of prayer."

THE ASSOCIATED PRESS

Online Pope

- Pope Benedict XVI, a classical music lover who was reportedly given an iPod in 2006, has sought to reach out to young people through new media: the Vatican has a regularly updated presence on You Tube and Facebook.

China Hard currency

THE ASSOCIATED PRESS PHOTO

A Chinese bank clerk counts banknotes yesterday. China's central bank said it would maintain a stable exchange rate and no longer peg its currency to the U.S. dollar — a move that will make the yuan trade more freely.

WestJet says seat sales still around

AIRLINES WestJet Airlines says recent fare changes mean customers won't have to wait around for seat sales anymore, but the airline isn't doing away with last-minute bargains altogether.

"Seat sales are not going away. We will continue to have them from time to time, as required," WestJet vice-president Richard Bartrem said Friday.

WestJet announced last week it would offer lower fares 330 days ahead of time. It is also reducing its top fares by an average of 25 per cent.

Aviation industry consultant Rick Erickson called the changes "quite a lot of hoopla."

"It's not as if WestJet is super-discounting their tickets. They're not. They're just relabelling," he said.

WestJet's main competitor, Air Canada, will likely follow suit with the airline's own changes, Erickson added.

THE CANADIAN PRESS

Business in brief

WORLD CUP Vuvuzelas, the yard-long plastic horns deafening fans in South Africa's World Cup soccer stadiums, have become one the country's fastest-selling sports items, leaving manufacturers struggling to keep up. Demand has been "unbelievable," said Clinton Currie, who runs the Johannesburg-based Vuvuzela Branding Company. With up to 70 per cent of his patented vuvuzelas being sold internationally, Currie says demand may continue for months after the tournament ends.

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Going Green

Earth Rangers win

Calgary-based Earth Rangers (earthrangers.com) built a data centre to demonstrate that adopting green products and services doesn't mean sacrificing IT performance. The non-profit organization won The Quest for Canada's Greenest IT competition on Wednesday. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Giving Canadian oceans a future

Eco-**Minded**

The federal government announced its ocean's protection legislation during Ocean's Week.

Last week, the Canadian government finally started to embrace the precious connections between land and sea ecosystems during Oceans Week by announcing its intent to create Gwaii Haanas National Marine Conservation Area Reserve — B.C.'s "Galapagos of the North."

Haida Gwaii (formerly known as the Queen Charlotte Islands) is a raw, rugged, rain-soaked wonder, filled with orca and humpback whales, seabirds, salmon, and lush kelp forests.

Marine protection would allow the magnificent coastal and marine ecosystems to thrive.

The announcement has been a long time coming. The Haida First Nation has called Gwaii Haanas home for more than 10,000 years. Their culture depends on diverse and abundant marine life, so they have long protected the precious connections between land and sea ecosystems, and between humans and wildlife. It's a concept that the Canadian government is beginning to embrace with the creation of this special marine conservation area.

But we can't put our feet up just yet — many potentially damaging activities may still be permitted there. So there's lots to be done to ensure that human activities in Gwaii Haanas are sustainably managed, with conservation of these unique and delicate ecosystems as a crucial priority. If this can be achieved with the government, Haida, local communities, and interest groups working co-operatively together, Gwaii Haanas will be a world model for marine protection.

In the meantime, we can applaud the federal government and the Haida Nation for this important move towards healthier oceans.

Did you know?

- During Oceans Week, the federal government also moved to protect the glass sponge reefs in Hecate Strait.
- Haida Gwaii is the only breeding site in Canada for ancient murrelets.

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC. . Veronica Lo is a Marine Conservation Planning Coordinator at the Canadian Parks and Wilderness Society, BC Chapter.

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Cameroon out, Netherlands through

Dennis Rommedahl scored one goal and set up another to lead Denmark to a 2-1 comeback win over Cameroon Saturday, eliminating the African team from the World Cup and sending the Netherlands to the round of 16. THE ASSOCIATED PRESS

World Cup

Security concern

The Nigerian team has asked its government to provide security for midfielder Sani Kaita, left, after his red card during a World Cup loss to Greece prompted more than 1,000 death threats. Security has already been increased around the Nigerian team's base in South Africa. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

French director resigns from post

SOUTH AFRICA France's World Cup ambitions lay in ruins yesterday after public rifts erupted between players, coaches and national officials over Nicolas Anelka, thrown out of the squad for insulting team coach Raymond Domenech. In another moment of drama, France team director Jean-Louis Valentin shouted at the media that he was "ashamed" of the players for not training. Caught up to by reporters, Valentin announced his resignation on the spot. THE ASSOCIATED PRESS

SCOREBOARD

GROUP A

	GP	W	D	L	GF	GA	Pts
Uruguay	2	1	1	0	3	0	4
Mexico	2	1	1	0	3	1	4
France	2	0	1	1	0	2	1
South Africa	2	0	1	1	1	4	1

TUESDAY GAMES
Mexico vs. Uruguay, 7 a.m.
France vs. South Africa, 7 a.m.

GROUP B

	GP	W	D	L	GF	GA	Pts
Argentina	2	2	0	0	5	1	6
South Korea	2	1	0	1	3	4	3
Greece	2	1	0	1	2	3	3
Nigeria	2	0	0	2	1	3	0

TUESDAY GAMES
Nigeria vs. South Korea, 11:30 a.m.
Greece vs. Argentina, 11:30 a.m.

GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	2	1	1	0	3	2	4
U.S.	2	0	2	0	3	3	2
England	2	0	2	0	1	1	2
Algeria	2	0	1	1	0	1	1

FRIDAY'S RESULTS
U.S. 2 Slovenia 2
England 0 Algeria 0
WEDNESDAY GAMES
Slovenia vs. England, 7 a.m.
U.S. vs. Algeria, 7 a.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Ghana	2	1	1	0	2	1	4
Germany	2	1	0	1	4	1	3
Serbia	2	1	0	1	1	1	3
Australia	2	0	1	1	1	5	1

FRIDAY'S RESULTS
Serbia 1 Germany 0
SATURDAY'S RESULTS
Australia 1 Ghana 1
WEDNESDAY GAMES
Ghana vs. Germany, 11:30 a.m.
Australia vs. Serbia, 11:30 a.m.

GROUP E

	GP	W	D	L	GF	GA	Pts
x-Netherlands	2	2	0	0	3	0	6
Japan	2	1	0	1	1	1	3
Denmark	2	1	0	1	2	3	3
Cameroon	2	0	0	2	1	3	0

SATURDAY'S RESULTS
Netherlands 1 Japan 0
Denmark 2 Cameroon 1

GROUP F

	GP	W	D	L	GF	GA	Pts
Paraguay	2	1	1	0	1	1	4
Italy	2	0	2	0	2	2	2
New Zealand	2	0	2	0	2	2	2
Slovakia	2	0	1	1	1	1	1

SUNDAY RESULTS
Paraguay 2 Slovakia 0
Italy 1 New Zealand 1

GROUP G

	GP	W	D	L	GF	GA	Pts
Brazil	1	1	0	0	2	1	3
Ivory Coast	1	0	1	0	0	0	1
Portugal	1	0	1	0	0	0	1
North Korea	1	0	0	1	1	2	0

SUNDAY RESULTS
Brazil 3 Ivory Coast 1
TODAY'S GAME
North Korea vs. Portugal, 4:30 a.m.

GROUP H

	GP	W	D	L	GF	GA	Pts
Chile	1	1	0	0	1	0	3
Switzerland	1	1	0	0	1	0	3
Honduras	1	0	0	1	0	1	0
Spain	1	0	0	1	0	1	0

TODAY'S GAMES
Switzerland vs. Chile, 7 a.m.
Spain vs. Honduras, 11:30 a.m.

x - clinched berth in second round, all times PT

DAVID CANNON/GETTY IMAGES

Tommy Smith of New Zealand, right, clashes with Vincenzo Iaquinta of Italy in a World Cup Group F match at the Mbombela Stadium in Nelspruit, South Africa. The match was a 1-1 draw.

Shock and draw

Tiny New Zealand stuns Italy by forcing tie

GROUP F RESULT

New Zealand 1 **Italy** 1

VS

Defending champion Italy was held to another 1-1 draw yesterday, this time by New Zealand, in the latest World Cup surprise.

The 78th-ranked All Whites took the lead in the seventh minute when the ball glanced off 36-year-old Italy captain Fabio Cannavaro, gifting a goal to Shane Smeltz. A long free kick from Simon Elliott sailed deep into Italy's area, deflected off Cannavaro's hip and went directly toward the waiting Smeltz for the tap in.

Riccardo Montolivo hit the post for Italy in the 27th, and Vincenzo Iaquinta equalized two minutes later with a penalty after Tommy Smith was shown a yellow card for tugging down Daniele De Rossi inside the area.

"We're just sorry we didn't win a match we could have," Italy coach Marcello Lippi said. "If we didn't win against New Zealand it's our fault. Once again the opponent scored on their first chance. We were able to control the game after that, but this was a match we should have won."

Iaquinta appeared to celebrate as if he were blowing a vuvuzela, the plastic trumpets that have become a symbol of the World Cup.

At the final whistle, however, the celebration was located in one corner of the Mbombela Stadium, where a small section of New Zealand fans marked their country's historic result by taking their shirts off and waving them around deliriously.

"I think that stopped the nation," New Zealand coach Ricki Herbert said. "It's the most incredible result we've had across the board. As a football coach, it's way above anything we've achieved in the history of the game."

THE ASSOCIATED PRESS

It's crunch time for Ronaldo

GROUP G PREVIEW

Portugal vs. **North Korea**

VS

The pressure will be on Cristiano Ronaldo to start producing goals when Portugal meets North Korea today, and he will be without Deco to feed him passes.

The Chelsea midfielder missed pre-match training at Green Point Stadium yesterday with a left hip injury and coach Carlos Queiroz ruled him out of the North Korea game.

Ronaldo said he hoped Deco could recover for the final group match against Brazil.

"Obviously Deco is always an important piece in the chess game," said Ronaldo.

Portugal is already without Manchester United winger Nani, who was ruled out of the World Cup before the tournament started.

"There were instances Deco didn't play, when Cristiano Ronaldo didn't play, and we were able to win nevertheless," said Queiroz.

Portugal will be looking for a big win, seeking to get a least one foot into the second round ahead of the last first-round game against Brazil next Friday.

"It is all or nothing as far we are concerned," said Queiroz.

North Korea, too, has the confidence, after it held Brazil before losing 2-1.

"We are going to put all of our efforts into the remaining two games and to win points — that is our main goal," said coach Kim Jong Hun, adding that his country might even go as far as the quarter-finals.

Brazil boosted North Korea's ambitions, beating Ivory Coast 3-1 yesterday. It left Brazil with a perfect six points from two games, ahead of Portugal with one point from one game and Ivory Coast with one point from two games. North Korea has none, but has a match in hand over Ivory Coast.

THE ASSOCIATED PRESS

Scoring slump

- Cristiano Ronaldo hasn't found the net for his country in a competitive game since the 2008 European Championship.

ARMANDO FRANCA/THE ASSOCIATED PRESS

Cristiano Ronaldo runs during a training session yesterday.

Paraguay tops group with victory over Slovakia

GROUP F RESULT

Paraguay 2 **Slovakia** 0

VS

At a World Cup lacking offence, Paraguay showed some punch.

Enrique Vera and Cristian Riveros each scored yesterday as Paraguay took a big step toward the round of 16 with a 2-0 win over Slovakia. The win puts Paraguay atop Group F with four points after two matches. Defending champion Italy and New Zealand tied 1-1 yesterday, leaving each with two points. Slovakia has one.

"We played a good match and we are getting closer to the round of 16," Vera said. "Our intention now is to be first in the group."

Playing with a three-man front line spearheaded by Roque Santa Cruz, Paraguay controlled the tempo from the start at Free State Stadium.

Vera broke through for La Albirroja in the 27th when forward Lucas Barrios slipped a pass into the box and Vera angled it past Slovakia goalkeeper Jan Mucha with a one-time shot.

Riveros added a goal in the 86th minute, a left-footed blast from the edge of the penalty area.

"We did very well in the first half and we got a goal, but that didn't mean we could relax in the second (half), and I don't believe we did," Vera said.

Playing in its first major tournament since the former Czechoslovakia divided in 1993, Slovakia looked outclassed and unsure of itself facing a big, physical Paraguayan team that beat both Argentina and Brazil in World Cup qualifying.

"We made two mistakes and conceded two goals," Slovakia coach Vladimir Weiss said. "There was always a punishment for our mistakes. Our opponent was a really high quality opponent and their victory was deserved."

THE ASSOCIATED PRESS

World Cup in brief

SOCCEROOS Tim Cahill and Lucas Neill have appealed to fans not to give up on Australia ahead of its match against Serbia. Cahill was suspended as the Australians, despite an early red card for Harry Kewell, held on for a 1-1 draw with Ghana Saturday that kept their hopes of progressing alive.

ARREST An England fan has been arrested and charged with trespassing for allegedly entering the national team's locker room following a 0-0 draw with Algeria. South African police said the fan was arrested yesterday morning.

THE ASSOCIATED PRESS

Explosion nothing to worry about: Police

Police say a "controlled explosion" at an explosives factory was the source of a blast heard by journalists yesterday at the World Cup's main media centre in Johannesburg. Col. Eugene Opperman said the explosion was routine, and caused no injuries or damage. THE ASSOCIATED PRESS

World Cup

ASPEL JUIN/EN/GETTY IMAGES

Spanish players run yesterday during a training session at Ellis Park Stadium in Johannesburg.

Spanish face must-win game

GROUP H PREVIEW

Spain vs. Honduras

Anything less than a win for Spain against Honduras today could see one of the pre-tournament favourites making an ignominious early exit from the World Cup.

The Spanish team described its shock 1-0 defeat to Switzerland in its opening game an "accident" as it lost for only the second time in 49 matches, which means it cannot afford to slip up again in Group H.

The European champion plays its Central American opponent at Johannesburg's Ellis Park with both teams trailing Switzerland and Chile by three points following opening defeats. Honduras opened with a 1-0 loss to Chile.

"We're very motivated after the accident of the other day," defender Carles Puyol said yesterday. "It's so important — it's a final."

Spain is confident its bad day has passed and it can live up to its billing as a pre-tournament favourite after so many disappointments at past World Cups.

But Spain may have to do it without midfielder Andres Iniesta, who hurt his right leg against the Swiss.

"We have to go out with a lot of desire and a lot of respect because we know it won't be easy," said Puyol, who doesn't believe his team is guilty of looking beyond the initial stages. "I don't think we lacked respect for anybody."

One of the changes coach Vicente del Bosque could make is to bring Fernando Torres back into the lineup.

Alongside forward David Villa, Torres could provide the extra punch Spain was lacking in attack against the Swiss.

Despite having the bulk of possession, Spain was missing a cutting edge against a massed Swiss defence.

"We had chances. We didn't score a goal and that was the key. Let's hope it doesn't happen again since that would be odd," Torres said.

"The most important thing is not to allow anxiety to overwhelm us if minutes pass and we are not able to score."

Since the defeat, the Spanish players have insisted there will be no change to the team's possession-based, quick-touch game regardless of who starts.

Honduras coach Reinaldo Rueda is expecting the full force of a Spanish backlash.

"We should not be distracted by the (Swiss) result," Rueda said.

"As one of the favourites and having lost their first game, Spain will be even more determined."

THE ASSOCIATED PRESS

Last meeting

- Spain says it will not be taking the Central American team lightly, and history shows it definitely shouldn't. In the only previous head-to-head meeting at the 1982 World Cup, host Spain failed to get out of the group stages after opening the tournament with a 1-1 draw against Honduras.

Hand them the win

Brazil beats Ivory Coast with controversial goal, advances

GROUP G RESULT

Brazil 3 Ivory Coast 1

Brute force and hand balls aside, Brazil has achieved its first objective at the World Cup: Advancing out of Group G.

Luis Fabiano scored a pair of goals, one with the aid of touches with his arm and his hand, while Elano added another as Brazil beat Ivory Coast 3-1 yesterday to secure a spot in the second round from Group G.

In a physical match that saw Brazil star Kaka ejected with two late yellow cards, the five-time champions showed they can deal out the rough stuff with the pretty plays.

"It's true, the ball really touched my hand and then my shoulder," Luis Fabiano said of his second goal. "But it was involuntary. It was one of the greatest goals I've scored in my career."

Fabiano got his first goal in six matches for the national team with a powerful right-footed shot in the 25th minute after a perfect pass by Kaka between defenders. He jumped over defender Kolo Toure before firing into the top of the net from a difficult angle.

Fabiano added to the lead in the 50th with his left foot from near the penalty spot after beating two defenders inside the area — helped by his sleight-of-hand.

Ivory Coast coach Sven-Goran Eriksson was livid that the second goal counted.

"It shouldn't have been allowed," Eriksson said. "They got a goal free. That's a two-nil goal — that changed everything.

Didier Drogba, playing from the start for the first time after breaking his right arm in a warmup game, scored the lone goal for Ivory Coast with a header in the 79th.

THE ASSOCIATED PRESS

RICHARD HEATHCOTE/GETTY IMAGES

Brazil's Lucio clashes with Didier Drogba of Ivory Coast yesterday.

Kaka out

- Kaka did not want to talk about his ejection, but complained of rough play by the Ivory Coast players. "It was a tough match," he said. "It got violent in two or three plays there."

England holds crisis meeting, denies rift

ELIMINATION? England players held a crisis meeting with coach Fabio Capello yesterday to discuss what went wrong in the dismal 0-0 draw with Algeria that left the team facing possible elimination from the World Cup.

Although defender John Terry denied reports of a rift between Capello and the players, he acknowledged there was a lack of passion during Friday's game and pledged it would return for Wednesday's must-win match against group leader Slovenia.

"The manager said that we played without any passion."
England defender John Terry

"We've got a meeting tonight, watching the game to see where we went wrong," he said at the team's training camp. "Everyone needs to get off their chest exactly how they're feeling."

But the Chelsea captain said all the players were behind Capello and dismissed reports there was unrest in the training camp.

"I have seen a few reports this morning and, on behalf of the players, I can say there's no unrest in the camp at all," Terry said.

"The manager said that we played without any passion. Being an Englishman and coming through the ranks at Chelsea and getting the caps to play for England, you should have that and I don't think any player had that the other night."

England has only two points from two matches, but Terry remained confident the team would beat Slovenia in Port Elizabeth and qualify for the round of 16.

The Slovenians lead Group C with four points, England and the United States have two points apiece, and Algeria has one.

THE ASSOCIATED PRESS

'Latin American football is getting more and more prestigious'

NEW POWERS Normally Brazil and Argentina fly the flag for South America at the World Cup, but now their smaller neighbours are joining in, too.

Between them, Brazil and Argentina have won the competition seven times — and few would bet against them adding to the tally this year after perfect starts.

But Paraguay, Uruguay and Chile also are in commanding positions in their groups, and confident of advancing to the second round.

Former Chilean striker Ivan Zamorano says it's no coincidence — and a result of bold tactics.

"Latin American football is getting more and more prestigious. We play to attack and to win," the former Real Madrid and Inter Milan star said.

"Teams with a footballing history, like Brazil and Argentina, are always protagonists," he said. "But right now the Uruguayans, Paraguayans and Chileans are all showing clear signs they're more alive than ever."

Paraguay leads Group F having drawn 1-1 with defending champion Italy and beaten Slovakia 2-0. A win over New Zealand in their final group game would see Paraguay top the group, setting up a second-round encounter with Japan or Denmark and avoiding a match against the Netherlands.

Uruguay kicked off with a 0-0 draw against France but a 3-0 win over South Africa means they're tied for first place in Group A with Mexico and with a better goal difference.

THE ASSOCIATED PRESS

Ruling helps Johnson end drought

A NASCAR ruling cost Marcos Ambrose his first career Sprint Cup Series victory yesterday when he stalled his car under a late caution at Infineon Raceway and was forced to forfeit his lead to Jimmie Johnson. Johnson went on to win his first career Cup race on a road course and ended a 10-week victory drought for the four-time defending series champion. THE ASSOCIATED PRESS

Sports

Gaga banned from locker-room

Lady Gaga can still play Yankee Stadium — she just has to follow the ground rules. The outlandish pop singer, left, talked her way past security and visited the Yankees clubhouse after the team lost to the New York Mets Friday night. The New York Post reported yesterday that Yankees co-chairman Hal Steinbrenner was upset with Lady Gaga's antics and permanently barred her from the locker-room. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

McDowell steadies as stars fade

Golfer from Northern Ireland becomes first European to win U.S. Open in 40 years

In a U.S. Open with golf's biggest stars on the leaderboard, it was Graeme McDowell who played like one.

McDowell seized control after a shocking collapse by Dustin Johnson, then failed to get flustered with Tiger Woods, Phil Mickelson and Ernie Els lined up behind him. The 30-year-old from Northern Ireland wasn't perfect, but he was good enough.

He closed with a 3-over 74 to become the first European in 40 years to capture the U.S. Open, getting an embrace on the 18th green from his father.

"You're something, kid," Kenny McDowell said, speaking for thousands who watched this unlikely Open unfold along the Pacific coastline.

It was a final round no one expected.

Johnson took a triple bogey on the second hole to lose all of his three-shot lead, and a double bogey on the next hole ended his hopes. Three of the biggest stars of this generation were right there, ready to continue the lineage of great champions at Pebble Beach, only to play far below their expectations.

McDowell made only one birdie — an eight-foot birdie putt on the fifth hole — and his final round was the highest score by a U.S. Open champion since Andy North in 1985.

CHRIS CARLSON/THE ASSOCIATED PRESS

Graeme McDowell of Northern Ireland reacts at the trophy ceremony after winning the U.S. Open golf tournament yesterday.

No matter. It added up to a one-shot victory over another surprise contender, Gregory Havret of France, who shot 72.

"I can't believe I'm standing with this right now," McDowell said, posing with silver trophy. "It's a dream come true. I've been dreaming it all my life. Two putts to win the U.S. Open. Can't believe it happened."

Woods couldn't believe it, either.

Poised to end six months of bad publicity over a shattered personal life, he bogeyed five of his first 10 holes and took himself out of contention with a 75.

Els and Mickelson hung around a little longer, and both had opportunities, but neither could capitalize.

Mike Weir of Bright's Grove, Ont., finished tied for 80th.

THE ASSOCIATED PRESS

Sports in brief

IRL Tony Kanaan overtook Helio Castroneves with 10 laps left and held on to win the Iowa 250 yesterday. It was the first win since 2008 for Kanaan, who last took the checkered flag in Richmond two years ago. Kanaan had crashed in each of his first three starts at Iowa, but he zipped past Castroneves on lap 240 and cruised to victory by over four seconds.

GOLF Japan's Ai Miyazato shot a 7-under 64 yesterday to win the $1.5-million US ShopRite LPGA Classic. The 25-year-old Miyazato is guaranteed to take over the No. 1 spot in today's rankings after her fourth victory of the season. Second-round leader M.J. Hur finished second, two shots behind Miyazato. Fellow South Korean Inbee Park, the 2008 U.S. Women's Open champion, was a further two shots back.

BASEBALL Fireballer Bob Feller's ceremonial first pitch bounced before it reached home plate. That's OK, though. The 91-year-old Hall of Famer still received the only standing ovation at the Hall of Fame Classic yesterday. "I think I joined the politicians. They always bounce it," Feller said in his inimitable, teasing way.

BASEBALL Edwin Encarnacion's extended slump has earned the Toronto Blue Jays third baseman a trip to triple-A Las Vegas. General manager Alex Anthopoulos made the move after Sunday's 9-6 loss to the San Francisco Giants in the hopes some time in the minors might help Encarnacion recapture his swing. THE ASSOCIATED PRESS

Eskies' backup tosses late TD to defeat Lions

CFL RESULTS

Edmonton 36 B.C. 32

EE VS BC

FOOTBALL Given his chance Jason Maas wanted to make things right.

The veteran backup quarterback threw a 29-yard touchdown pass to wide receiver Skyler Green with the final seconds ticking off the clock as the Edmonton Eskimos defeated the B.C. Lions 36-32 in both team's CFL exhibition finale Sunday afternoon.

A crowd of 24,763 saw an exciting end to the first game played at Empire Field, the outdoor, temporary venue the Lions will play in this season.

Maas wanted to make amends after a fumble he coughed up while being sacked resulted in the Lions jumping into a 32-29 lead with 2:27 left.

"You never want to turn the ball over and have it lead to points," said Maas. "It was nice resilience on our offence to take the ball down there and score the touchdown."

The Eskimos actually tied the game on a 35-yard Derek Schiavone field goal but there was a penalty on the play. The Lions were called for offside, giving the Eskimos a third-and short.

DARRYL DYCK/THE CANADIAN PRESS

B.C. Lions' quarterback Casey Printers, left, is hit by Edmonton Eskimos' T.J. Hill just short of the goal line during first-half preseason CFL action in Vancouver yesterday

The Eskimos took the points off the board and managed to get the first down.

On the winning touchdown Green found himself wide open behind B.C. rookie Hamid Mahmoudi.

"I think they messed coverage up," said Maas, who completed six of 11 passes for 101 yards in the fourth quarter. "It was nice to see him behind everybody.

"I threw it out there and he made a great catch."

Green was surprised to be so alone.

"Not toward the end of the game you don't expect to be open," he said. "We fought for 60 minutes. It fell our way."

The Lions trailed 24-10 at halftime but rallied to tie the game with a pair of third quarter touchdowns.

Lions quarterback Travis Lulay gave the Lions the lead when he hit Terence Scott with a 26-yard touchdown.

THE CANADIAN PRESS

SCOREBOARD

BASEBALL

YESTERDAY'S NL RESULTS

Milwaukee 6 Colorado 1

YESTERDAY'S INTERLEAGUE RESULTS

San Francisco 9 Toronto 6
Atlanta 8 Kansas City 5
Chicago Cubs 12 L.A. Angels 1
Chicago White Sox 6 Washington 3
Detroit 3 Arizona 1
Florida 4 Tampa Bay 1
Minnesota 4 Philadelphia 1
N.Y. Yankees 4 N.Y. Mets 0
Oakland 3 St. Louis 2
Pittsburgh 5 Cleveland 3
San Diego 9 Baltimore 4
Seattle 1 Cincinnati 0
Texas 5 Houston 4 (10 ings)
Boston 2 L.A. Dodgers 0

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South African universities provide services, accommodation for FIFA
As football fever sweeps across South Africa and the world, South African universities are contributing to the event through a number of initiatives, such as accommodation for teams and fans, access to sports facilities, exhibitions and soccer events. METRO NEWS SERVICES

Workology

Excellence in health care

The Canadian College of Health Services Executives recently bestowed awards on individuals, teams and organizations that have exemplified leading practices across the health care system in Canada. They include: The Energy and Environmental Stewardship Award for Toronto's Sunnybrook Health Sciences Centre; the Health Care Safety Award for the Vancouver's B.C. Cancer Agency and the Nursing Leadership Award went to Jeanne Besner, a director at Alberta Health Services. METRO NEWS SERVICES

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Still forging steel in the 21st century

OddJobs

Diane Peters

Metronews.ca/oddjobs

PHOTO SUBMITTED

Blacksmith Robb Thak, 41, from Thak Ironworks hammers away at his forge.

Robb Thak loved art and reading history and fantasy books growing up. "As soon as I realized blacksmiths made all the armour, I knew that's what I wanted to do."

As a teen, he discovered that one of the top blacksmiths in southern Ontario lived down the road, and he offered classes: Thak took one and built himself a forge at home to practise.

Thak, who's now 41, kept asking if he could work in the shop. He asked about four times before the blacksmith caved in and let him start sweeping floors for $5 an hour.

Over the next four years, Thak got his basic training as a blacksmith. He married young and had kids, and those were "lean years," he recalls. So he quit to sell insurance.

That did not work out. After a year, he got a night job at a factory and did blacksmith work by day at the shop he'd set up on his parents' farm.

For six years, he honed his craft and built up a reputation. "These are not skills you learn over six months. It takes several years to get the hand-eye-coordination and the larger design and proportions right."

Finally, he was able to quit and rent his own shop. A few years later, he began sharing space with his father-in-law, who ran an auto repair shop in Floridale, a tiny village near Thak's home in Elmira. Eventually, his father-in-law moved to another location and Thak bought the building.

Now, Thak works from 6 a.m. until 5 p.m. six days a week. He takes Sunday off to be with his family (who also often help out in the shop).

Thak makes metal creations — mostly using steel, but sometimes copper and brass — ranging from small doorknockers to large, elaborate railings that sell for around $30,000.

His tools include a forge, which is a small and very hot furnace, a hammer and an anvil (yup, the thing Wile E. Coyote used on the Road Runner).

Thak and his on-staff blacksmith work at the forge for about three hours a day: It's hot, exhausting work. For every two hours at the forge, a piece needs about three hours of addition work, including sanding, soldering and painting.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Co-op students secure prestigious jobs, higher salaries

Two University of Waterloo researchers have conducted a large study of co-op students. Tracking 10,000 students from 2000-2006, it appears that co-op programs aid accessibility for lower-income students, and attract more females in college and males in university. METRO NEWS SERVICES

2010, the year of the odd resumé

The competition is fierce for what jobs out there, so applicants are upping the ante

Even as the job market improves, with unemployment still up there, job seekers have turned to unconventional methods to stand out from the competition.

According to a new survey from CareerBuilder, nearly one-quarter of hiring managers (22 per cent) reported that they are seeing more job seekers try unusual tactics to capture their attention in 2010 compared to last year. This is up from 18 per cent of hiring managers who said the same in 2009 and 12 per cent in 2008.

Job candidates this year are using every creative trick they can think of to convince employers that they are the ones for the job.

"While we are seeing positive signs in the job market as employers gradually add headcount, competition is still high for open positions," said Jason Ferrara, senior career adviser at CareerBuilder. "As a result, more candidates are turning to unconventional tactics to attract the attention of hiring managers. While these tactics may work occasionally, they still need to be done with professionalism. That way, candidates are remembered for what they can offer an organization and not just for an unusual antic."

(Unorthodox application tactics) need to be done with professionalism. That way, candidates are remembered for what they can offer an organization and not just for an unusual antic."
Jason Ferrara

Some hiring managers report that unusual job-seeking tactics can be effective. Nearly one-in-ten (nine per cent) said they have hired someone who used an unconventional tactic to get their attention. When asked what unusual job search methods made them hire a job seeker, hiring managers reported the following:

- Candidate brought in a DVD of his former boss giving him a recommendation.
- Candidate applying for a casino table game position came into my office and started dealing on my desk while pretending to talk to players, which showed me her guest service skills.
- Candidate sent in a letter that explained how to solve an issue our company was having with a certain type of technology.
- Candidate who was a prospective teacher brought in a box of props to demonstrate her teaching style.
- Candidate came prepared with unique business cards featuring our logo and a self-introduction brochure.
- Candidate wrote a full business plan for one of our products with his resumé submission.
- Candidate created a full graphics portfolio on our brand.

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Wal-mart, American Public University form alliance
Wal-Mart has partnered with American Public University (APU), a private web-based university, to provide Wal-Mart's 1.4 million workers in the U.S. with access to online education. METRO NEWS SERVICES

One office's junk becomes another business' treasure

iRecycle Computers is attempting to turn old office equipment disposal more 'green.'

KEITH CARMAN
for Metro Canada

Isn't technology great? The moment you plunk down your final payment on a set of LCD monitors for the office, they're obsolete. Something newer, better, faster and greener is already on the market, rendering your "latest gadget" little more than a collection of processed materials waiting to fill some landfill site.

However, the hazardous disposal of unwanted office equipment can be prevented. Those antiquated photocopiers, printers and towers are packed with non-biodegradable yet recyclable components such as plastics, precious metals, glass and hazardous materials.

Disposing of such material safely is the inspiration of iRecycle Computers, a Waste Electrical and Electronic Equipment (WEEE) collection company founded in 2006 by information technology specialist Laurent Ho.

Determined to make a positive impact in the community and the environment, iRecycle Computers (iRC) takes care of yesterday's unwanted Devices Of Tomorrow.

"iRecycle Computers is committed to promoting and providing recycling solutions for computer-related goods by ensuring the equipment is diverted from landfills," Ho says. "Instead, it is recycled in an environmentally sound manner that minimizes impact on both human health and the environment."

iRC offers both long-term and temporary acquisition options to commercial, retail, residential and public participators wanting to be greener. With just a nominal fee levied to cover collection, loading, packaging and servicing of materials.

iRC collects these items through either a subtle, fixed accumulation point dubbed the Inorganic Market Collection Container or pre-arranged one-time drop-off events.

On an ecological level, Ho points out iRC's importance based on the various levels of recoverable materials us average desk jockeys overlook: Lead and glass from monitors that can be smelted, recoverable plastics that are shredded into pellets/sold to create new plastic and recoverable electronics commodities including gold, nickel, copper, coltan, silver, aluminum, steel and more.

Each piece of machinery is sorted depending on recovery value and hazard level ranging from Green (high recovery, little hazard) to Yellow (intermediate) and Red (low recovery, high hazards).

While not all elements are fully recovered, iRecycle provides an alternative to complete waste with minimal effort put forth by participating companies. As Ho sees it, by getting in touch with iRecycle, they're already ahead of the game.

"Not only does our environment benefit, but participants have greener tendencies, essentially epitomizing the idea of, 'one man's junk being another man's treasure.'

"A business is being responsible when using our services," he asserts. "They just need to have the equipment ready for collection (and) the iRecycle Colour Zone sorting system is what differentiates iRecycle from other companies. The sorting system is an education piece to show that not all the materials are the same. By separating the items according to hazard level, people are simultaneously learning and recycling."

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Canadian undergrads speculate about 2040

SURVEY According to a MyCanEd news release, a recent survey of 1,581 undergrads at 19 universities across Canada has found that young people anticipate greater global change than change to Canada itself.

Almost all agreed that by 2040, Alberta and Quebec would still be part of Canada, and that universal health care and pension plans would still exist.

About two-thirds anticipate that the polar ice caps will have melted, a nuclear war will have taken place, a human will have been successfully cloned, artificial intelligence will exist, and that China will be the world's leading superpower.

At the same time, most do not expect cures for cancer or AIDS, or peace in the Middle East, in the next 30 years.

Overall, the students see the economy (43 per cent), health care (34 per cent) and the environment (23 per cent) as the top issues facing Canada today. METRO NEWS SERVICES

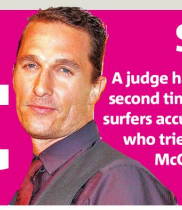
Workology in brief

NEW HEAD OF RED RIVER COLLEGE Red River College announced recently that Stephanie Forsyth has been appointed the institution's new president and CEO, starting September 27. Forsyth will come to RRC from Northwest Community College in B.C., where she has served as president for 10 years. Prior to NWCC, she worked at Selkirk College and Vancouver Community College.
METRO NEWS SERVICES

Jackson kids go to school

Michael Jackson's mother Katherine is quoted as saying that the late pop star's children will attend school for the first time this year. She told Britain's Mail on Sunday tabloid that Jackson's three children — Prince, 13, Paris, 12, and Blanket, 8 — have had private lessons up until now. METRO NEWS SERVICES

Entertainment



Surfer trial

A judge has declared a mistrial for a second time in a battery case against two surfers accused of attacking a photographer who tried to photograph actor Matthew McConaughey on a Malibu beach. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Hedley, Bieber win big

B.C. pop-punkers, Ontario teen idol each nab three awards

Justin Bieber had quite an introduction to the MuchMusic Video Awards last night, winning three trophies in front of a mass of screaming fans who camped out for days to see him.

Bieber won the viewer choice awards for best video and new artist as well as the prize for international video by a Canadian for his smash hit Baby.

The 16-year-old seemed genuinely surprised as he mounted the stage.

"Coming from a small town in Canada — repping Stratford, Ont. — I just wanna say, this means the world to me," said a grinning Bieber.

"It's my first award, and to have it in Canada is just amazing."

Pop-punkers Hedley tied Bieber with three trophies at the outdoor bash, winning video of the year and post-production of the year for Perfect and pop video of the year for Chaching.

"Thank you guys so much," said lead singer Jacob Hoggard before turning his attention to shirtless Jersey Shore star Pauly D, who presented the award. "I'd like to thank Pauly's left and right nipples as well."

Hard-rockers Billy Talent also took a pair of trophies, including rock video of the year, while Toronto rap star Drake and collaborator Trey Songz won two trophies for their song Successful (cinematography of the year and hip-hop video of the year).

DARREN CALABRESE/THE CANADIAN PRESS

Hedley pose for a photo with one of their 2010 MMVA trophies on the red carpet.

"It's my first award, and to have it in Canada is just amazing."
Justin Bieber

Last year's hosts, the Jonas Brothers, were also awarded with some hardware: international video of the year by a group for Paranoid, while Ottawa rapper Belly nabbed the MuchFACT indie video of the year trophy.

Of course, each year's instalment of the MMVAs is remembered as much for the impromptu watercooler moments as the actual awards — remember Lady Gaga's flaming bustier at last year's awards?

One of the evening's unexpected moments actually came in the form of a glaring error. The first time co-host Miley Cyrus threw to Drake's performance, something was lost in translation, and the 23-year-old Drake stood confused onstage until producers cut to commercial.

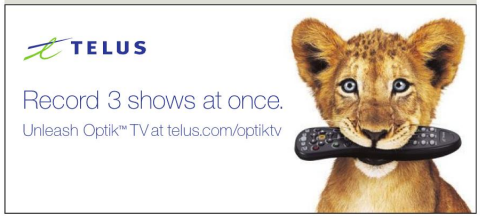
It was Katy Perry who laid claim to two of the night's most elaborate setpieces.

First, she arrived to the red carpet in the cab of an ice cream truck, dressed in a sparkling, sky-blue dress. She promptly spilled a pile of the sweet stuff onto the red carpet but made it up to the fans by distributing ice cream, blowing sprinkles and tossing bananas. Later, she navigated another candyland prop onstage, performing atop a pink cake. THE CANADIAN PRESS

Tell us what you are recording @vancouvermetro

PVRTweets

@acdngirl I didn't record this week - still have to watch a couple of Castle eps from a while back.. heh.
@tehbhav the adventures of biswajit
@robynpayne I will be pvr'ing team England
@bhaveshchauhan Adventures of Biswajit
@jdeslippe The Bachelorette and Team Germany
@maryselalonde Goodfellas…Watched it years ago and loved Ray Liotta in it.



SCANLIFE
Scan this code for more photos, a complete list of winners and comments from artists at the MMVAs

Animation needs good acting too

Actors do some of their most interesting work when given the chance to let loose behind an animated role.

Maybe it's the fact that they can walk into a recording booth with no makeup or costumes or props and just go for it. Maybe the kid inside of them comes out when working on such family friendly material. Either way, superstars and character actors alike, when paired with great writing, have shown some of their best stuff through their voice performances.

With the opening Friday of Toy Story 3 — which features a formidable cast including Tom Hanks, Tim Allen, Joan Cusack, Don Rickles, Michael Keaton and Ned Beatty — here's a look at some of the best examples of actors bringing cartoons to life:

• **GEORGE CLOONEY IN FANTASTIC MR. FOX** Clooney was nominated for a best-actor Oscar for Up in the Air, but his voice work as Mr. Fox was just as memorable last year.

He brings all that Clooney charm in the richness of his delivery, all the smarts and presence that distinguish him as not just a movie star but one of the most solid, versatile actors working today.

And merely the idea of this gorgeous, sexy man playing a furry, little woodland creature — albeit a crafty one with a sly sense of humour — is enough to bring a huge smile to your face.

• **ANTONIO BANDERAS IN THE SHREK SERIES** Even as the Shrek movies have dwindled in quality — particularly parts three and four — Banderas has consistently livened things up as the swashbuckling kitty cat Puss in Boots.

Sure, the character himself is cute. But Banderas makes him more than that: flirty, dramatic, daring despite his diminutive size. He's been an absolute scene-stealer, and now Puss in Boots is about to get his own movie.

• **BEN BURTT IN WALL-E** He's a multiple Oscar winner who created R2-D2's signature sound effects in the Star Wars movies. Here, he provides all the blips and bleeps through which the lovable robot WALL-E — or Waste Allocation Load Lifter Earth-Class — communicates.

And he's a total heartbreaker. That he can convey so much emotion — wow us and move us with just a few noises — is a huge testament to the power of the Pixar machinery.

• **BRAD BIRD IN THE INCREDIBLES** The writer-director of another of the best Pixar films ever also took on the juiciest role: Edna "E" Mode, the petite costume designer to the superhero family. Half-Japanese and half-German, she's all business — demanding nothing short of excellence, both in the costumes she creates and the people who wear them.

She's like Q to James Bond, only dressed more chicly in a severe bob and thick-rimmed glasses. Bird made the character superficial, condescending, and an absolute hoot. With those tiny legs of hers, Edna ran off with every scene in which she appeared.

George Clooney was praised for his voice work in Fantastic Mr. Fox.

• **BETTY LOU GERSON IN 101 DALMATIANS** "If she doesn't scare you, no evil thing will," goes the song about Cruella De Vil from this animated classic. Materialistic and melodramatic at first, Cruella eventually becomes one of the most famous and fearsome Disney villains ever.

Gerson played her perfectly, dripping with tacky wealth and insincerity. In an interview posted on Disney.com, Gerson said her voice and physique actually influenced the look of the character: "At the time, I was a slinky brunette with high cheekbones." THE ASSOCIATED PRESS

Korn urges BP boycott

Korn's Jonathan Davis is urging artists to boycott troubled oil giant BP over the oil spill disaster in the Gulf of Mexico. The rock singer says he has gathered a coalition of artists, including and they have agreed not to use fuel sold by BP or their affiliates on their tours. THE ASSOCIATED PRESS

Cyndi sings the blues

LENNY STOUTE
for Metro Canada

New wave diva, wrestling maven, Celebrity Apprentice, Gay Pride Grand Marshall, anti-discrimination activist,

Time after time, Cyndi Lauper finds a way to stay in the public eye. Mostly through a series of re-inventions, and for her latest, the lady sings the blues.

On the line from New York, Lauper is bubbly and focused on Memphis Blues, a collection of classic Stax-era tunes given the Lauper treatment. Lest you think this is a serious changeup for the lady, she says it ain't so.

"My interest in the blues goes back to a kid in her bedroom singing the songs of ('50s R&B shouter) Big Mabel, who's had a place in my music ever since. In the Nineties I was mixing pop with hip hop, which put me in a place close to where I could think of this album again".

The genesis of this long-coming album is a 1987 dream starring pianist Oscar Peterson.

Cyndi Lauper's Memphis Blues is available tomorrow.

"For the last 10 years it's been more or less 'Best Of' albums. I wanted to put out something and it seemed like good time to get that blues album I had in me out there".

The timing involved here is both topical and canny. Dropping a blues album gives Lauper access to a whole new audience and the soulful cachet to get onto rootsy events like the Montreal Jazzfest (July 4).

"I wanted something I could sing to my people and the blues is the best thing, because at heart it's uplifting."

"Uplifting" would be a good way to describe the dream in which Peterson appeared and suggested Cyndi should be redoing old blues tunes, just like Janis Joplin did, to bring them to a new audience.

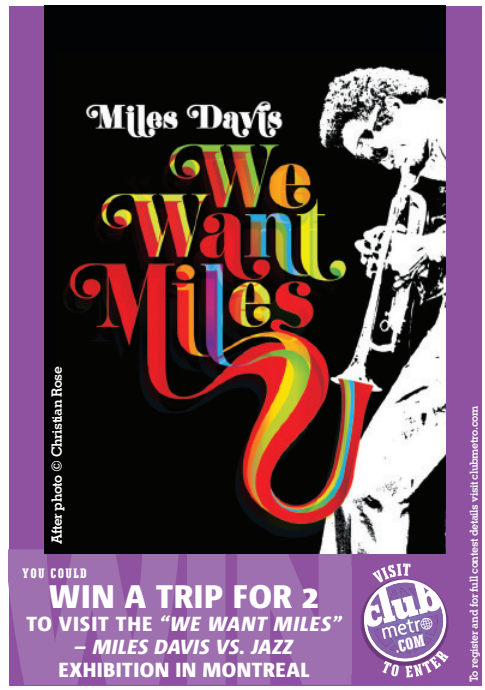
"In the dream I was an a—hole, giving Oscar lip when I should have been singing with the guy. But it stuck, and that's basically the motivation behind the album, to justify Oscar's faith in me."

The result is Memphis Blues, which is set to drop on Lauper's birthday tomorrow, 12 Stax-style electric blues excursions covering genre cult fave songwriters including Charlie Spand, Tracey Nelson and Memphis Slim. Cooking in the kitchen with Cyndi, a stellar crew of players including Charlie Musselwhite, Johnny Lang, Allen Toussaint, BB King and Ann Peebles.

Among the many blessings I had from making the album were the amazing people I got to work with. At times I could hear this voice in my head whispering, You know everybody else will be more than good, maybe I might not be good enough."

Fun Facts about Cyndi Lauper

- Won an Emmy as outstanding guest actress for a role on Mad About You.
- Handpicked by Cher as the opening act for her 1999 Believe tour.
- Her million-selling debut album, She's So Unusual, was almost titled She's So Wonderful
- Was the first female singer to have four top-five singles released from one album.



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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/21/10	251	308	3 CBC	Laughs	World Cup Soccer Match of the Day. (CC)					CBC News: The National		Soccer
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		News
	250	321	9 CTV	etalk (CC)	Access H.	Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang	(:01) CSI: Miami "In the Wind"		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Daily Weekend Edition (CC)		Poltergeist: The Legacy		P3	Diya	New Day
	252	336	11 GTV	Entertainment	ET Canada	Lie to Me "The Whole Truth"		The Good Guys (N) (CC)		In Plain Sight (N) (CC)		News
	256	389	12 VI	Canada's Worst Driver (CC)		The Listener (CC) (DVS)		The Rival (2006, Suspense) Tracy Nelson, Heather Tom. (CC)				A News (N)
	253	359	13 CITY	The Office	The Office	The Bachelorette The men travel to Iceland with Ali. (N) (CC)				(:02) True Beauty (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	90210 (CC)		Gossip Girl (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	How I Met	Engagement	Two/Half Men	Big Bang	(:01) CSI: Miami "In the Wind"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Last Comic Standing (CC)		Last Comic Standing (N)		Persons Unknown (N) (CC)		KING 5 News
	602	568	19 W	Kim	How Clean	Clean	Kim	Love It or List It		Love It or List It (N)		Love It-List It
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	The Bachelorette The men travel to Iceland with Ali. (N) (CC)				(:02) True Beauty (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	M*A*S*H	Art of War II: Betrayal (2008, Action) Wesley Snipes, Paul Bae.				Seinfeld	King	Cold Case
	291	383	27 PBS	Conver-KCTS	Price-Antiques	Antiques Roadshow (CC)		History Detectives (CC)		Unforgettable: Korean War		Roy Orbison
	290	382	28 FOX	Two/Half Men	Two/Half Men	Lie to Me "The Whole Truth"		The Good Guys (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	45 PBS	Unforgettable: Korean War		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Anxiety	Street Court	Cold Case
	298	653	55 TLA	Two/Half Men	Two/Half Men	90210 (CC)		Gossip Girl (CC)		KTLA 5 News at 10 Ohlman.		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	67 WPX	PIX News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	26 NW	What Happened Next		CBC News: The National		CBC News: The National		What Happened Next		National
	500	500	33 CNN	Anderson Cooper 360 (N) (CC)				Larry King Live		Anderson Cooper 360		Cooper 360
sports	407	419	22 RSP	Darts Premier League. (Taped)				UFC: Access	MMA Conn	Sportsnet Connected		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Auto Racing Prelude to the Dream. (Taped) (CC)				SportsCentre
	411	457	43 OLN	UFO Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		UFO Hunters
	410	403	34 SCR	WWE Monday Night RAW		(:15) FIFA World Cup Tonight		WWE Monday Night RAW With Michael Cole and Jerry Lawler.				Cup Tonight
	417	406	65 SC	Racing Chef	NASCAR	Ultimate Factories "BMW"		Ultimate Factories		Racing Chef	NASCAR	NASCAR
	416	409	114 GLF	(6:00) Soccer		La Liga 360		Gol TV News	Hallo	Paid Program	Toronto FC Game In and Hour	
family	552	543	25 YTV	Survive This	Survive This	In Real Life (CC)		Survive This	That's-Weird	To Be Indie	Family Biz	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	First Voices	The Canyon War		Ravens	Ravens	Waban-Aki: People From Where the Sun		
	575	583	20 CMT	CMT's Greatest				The Cutting Edge ★★ (1992) D.B. Sweeney, Moira Kelly.				Cutting Edge
	570	580	24 MM	Hard Times	2010 MuchMusic Video Awards				2010 MuchMusic Video Awards			
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Home to Flip	My First Place	For Rent	Property	House
	615	520	31 A&E	Intervention "Bret" Relapse.		Obsessed Nicole's obsession.		(:01) Intervention "Asa" (CC)		(:01) Intervention "Joey"		Intervention
	628	584	32 SPKE	Entourage	Entourage	(:14) Entourage "Mailbooty"		Entourage	(:23) DEA		CSI: Crime Scene Investigat'n	
	521	560	34 TLC	Inedible	Inedible	Cake Boss: Ultimate Cake		Cake Boss	Cake Boss	Inedible	Inedible	Little People
	616	522	35 SHO	Painkiller Jane "Breakdown"		Hybrid (2007, Suspense) Justine Bateman, Cory Monteith. (CC)				Misfits (CC)		Survivors
	620	523	40 BVO	Death-Venice	Africa	Law & Order "Blood Money"		Without a Trace (CC)		Death in Venice Canadian pianist Louis Lortie.		
	601	562	41 SLC	The Millionaire Matchmaker		ET Canada	What	Housewives/OC		Housewives/NJ		Projct Runway
	520	505	42 DIS	American Loggers (N)		Daily Planet (CC)		MythBusters (CC)		American Loggers		Dirty Jobs
	522	506	44 HIS	Dogfights Israeli air force.		Greatest Tank Battles (N)		The Hunt for Red October ★★★ (1990) Sean Connery, Alec Baldwin. (CC)				
	627	528	45 SPC	(6:00) Pumpkinhead ★★ (CC)		Stargate SG-1 "Babylon"		Doctor Who (CC)		Pumpkinhead ★★ (1988) Lance Henriksen.		
	294	650	47 TBS	Neighbors	Family Guy	Lopez Tonight (N)		Neighbors	Name Is Earl	Sex & the City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Colin & Justin's Home Heist		Wipeout (CC)		Wipeout (CC)		Parking Wars	Parking Wars	Carlawood
	603	561	52 FN	Pitchin' In	Glutton	Best Thing	At the Table	Diner, Drive-In	Unwrapped	Top Chef Masters (CC)		Pitchin' In
	-	-	53 AMC	Secret-My	The Secret of My Success ★★ (1987, Comedy) Michael J. Fox, Helen Slater.					The Goonies ★★ (1985) Sean Astin.		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Chris Rock: Kill		Daily Show
	320	621	60 CEN	(6:20) Screamers: The Hunting		Penn & Teller	Gravity (N)	The Haunting in Connecticut ★★ (2009) (CC)		(:45) The International ★★		
	581	566	101 MTV	Downtown	The City	MTV Live	Sex News	1 girl 5 gays	Downtown	Downtown	The City	MTV Live
	261	394	102 V	ideaCity	Naked	Doc "Citizen Crane"		The Verdict ★★★ (1982, Drama) Paul Newman, Charlotte Rampling. (CC)				
	-	-	103 MUL	Wang Gui	Immortal	Lying Low		Simply the	Pinoy Buzz	Wish Ko Lang!	News	Patrol World

critics'corner

CSI: Miami

Is it just us, or is Eric Delko (Adam Rodriguez) coming back more often than Cher? Oh. It's just us? OK. Well, he's back again to help work a case in which Horatio (David Caruso) and the CSIs have just 24 hours to determine if a man on death row is really guilty. Anthony Michael Hall guest stars in "In the Wind"; Emily Procter, Eddie Cibrian and Jonathan Togo also star. 10:01 PM on CBS CTV

Persons Unknown

After a week of failed escape attempts, tension grows within the group. A hovering helicopter briefly revives hopes of rescue, but it merely drops a mysterious box. Renbe (Gerald Kyd) puts himself back on the case of Janet's (Daisy Betts) disappearance, although he has been warned to stop his investigation. Alan Ruck, Jason Wiles and Sean O'Bryan also star in the new episode "The Way Through." 10 PM on NBC

Jolie visit Haiti as UN goodwill ambassador

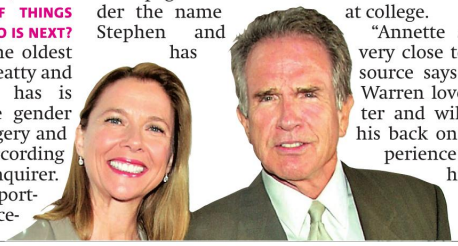
Actress Angelina Jolie has quietly returned to Haiti for meetings with Haitian and U.N. officials. The weekend visit by the "goodwill ambassador" for the United Nations High Commissioner for Refugees was not announced to keep it low-profile. THE ASSOCIATED PRESS

Celebrity Buzz

Beatty, Bening's girl to have sex change?

FIRST CHAZ BONO, NOW STEPHEN BEATTY, IF THINGS COME IN THREES WHO IS NEXT? Kathlyn Beatty, the oldest child of Warren Beatty and Annette Bening, has is planning to have gender reassignment surgery and live as a man, according to the National Enquirer.

Kathlyn has reportedly started a Facebook page under the name Stephen and has started dressing as a man at college.

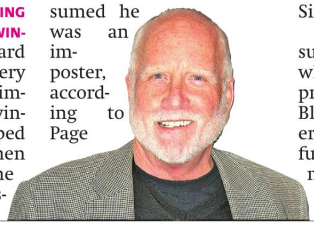


"Annette still remains very close to Kathlyn," a source says. "And while Warren loves his daughter and will never turn his back on her, this experience is crushing him."

METRO WORLD NEWS

Dreyfuss can't play himself

I GUESS IT'S BACK TO ACTING SCHOOL FOR THE OSCAR WINNER Apparently Richard Dreyfuss doesn't do a very good Richard Dreyfuss impression. The Oscar-winning actor was dropped from a radio show when he called in because the show's producers assumed he was an imposter, according to Page Six.



Dreyfuss was calling to support pal David Black, who was on the show to promote his new book. Black assured the producers that it was in fact Dreyfuss, who called back and managed to get on the air.

METRO WORLD NEWS

Shia woos Carey's folks

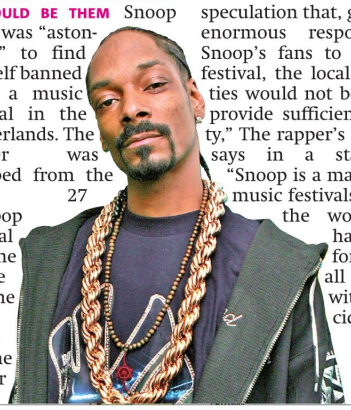
LET'S HOPE HER PARENTS DON'T READ THE TABLOID STORIES OF HIS PAST ARRESTS Shia LaBeouf has already won Carey Mulligan's heart, but he apparently also wanted to make sure her parents love him, too. On a recent trip to London, the Transformers star did his best to woo his British girlfriend's mom and dad, according to the National Enquirer.

"Her parents were worried that Shia was just another Hollywood player who would hurt Carey," a source says. "Shia did his best to prove he's the real deal." His best reportedly included bringing a Hermes scarf for Mulligan's mother and an iPad for her father.

METRO WORLD NEWS

Dutch officials ban Snoop from festival

IF THERE WAS ONE COUNTRY THAT SHOULD LOVE FAMOUS POT-HEADS YOU WOULD THINK IT WOULD BE THEM Snoop Dogg was "astonished" to find himself banned from a music festival in the Netherlands. The rapper was bumped from the June 27 Parkpop festival in the Hague at the request of the mayor and local law enforcement, according to the BBC.

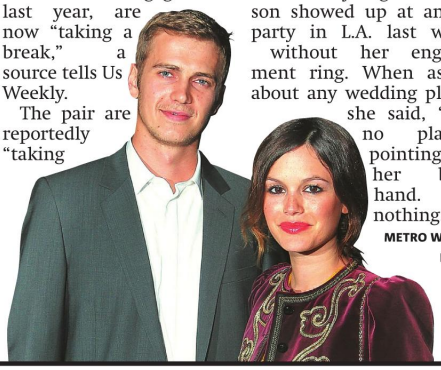


"There's been much speculation that, given the enormous response by Snoop's fans to the free festival, the local authorities would not be able to provide sufficient security," The rapper's manager says in a statement. "Snoop is a mainstay at music festivals all over the world and has performed at all of these without incident."

METRO WORLD NEWS

Rachel, Hayden on a 'break'

HIS JEDI POWERS HAVE WORN OFF Rachel Bilson and Hayden Christensen, who announced their engagement last year, are now "taking a break," a source tells Us Weekly.



The pair are reportedly "taking about a month off" from their relationship before revisiting it to see if they should stay together. Bilson showed up at an E3 party in L.A. last week without her engagement ring. When asked about any wedding plans, she said, "No, no plans," pointing to her bare hand. "No nothing."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN is standing up for her mom, **KIM KARDASHIAN** is trying to enjoy her meal, **JUSTIN BIEBER** uses his Twitter account to flirt, and **AMANDA BYNES** is looking for a new career.

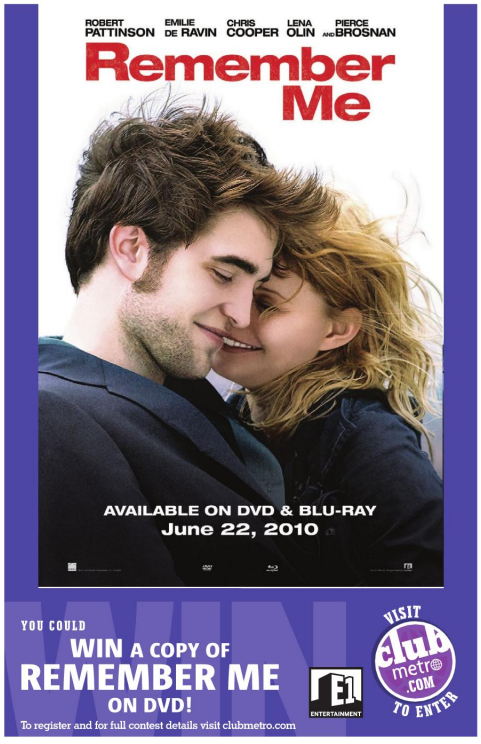
@lindsaylohan
ashley swan from carvel is unprofessional & lied about my mother grrrr! she should be fired. meanie

@KimKardashian
EWW Im at lunch,the woman at the table next 2 me is breast feeding her baby w no coverup then puts baby on the table and changes her diaper

@justinbieber
how u doin ladies ;)

@chicky
I don't love acting anymore so I've stopped doing it. I know 24 is a young age to retire but you heard it here first I've retired

METRO NEWS SERVICES



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Tuesday Variable 18° / 13°
Wednesday Variable 40% 20° / 14°
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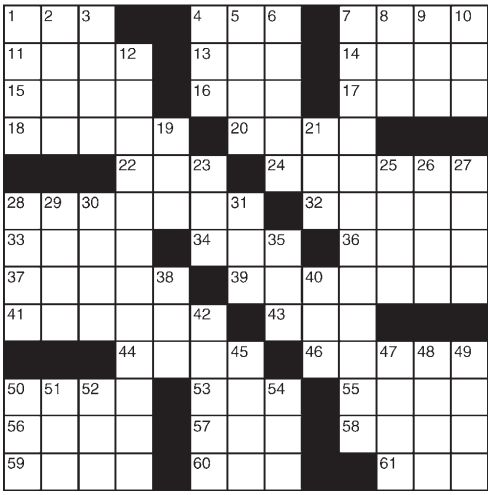
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			4	5			9	
			9	1	3		7	
3					2	4		
9						5		7
			8		7			
8		6						1
		1	6					2
	3		5	7	1			
	6			4	8			

ACROSS

1 "Holy mackerel!"
4 Stir-fry pan
7 Campus area, for short
11 Baghdad's land
13 Commotion
14 Incite
15 List of options
16 Knight's address
17 Unsigned (Abbr.)
18 Accordion feature
20 Approach
22 Tatter
24 Toward the rear of a ship
28 Actress Gwyneth
32 Old photo color
33 Lotion additive
34 Society newcomer
36 Depend (on)
37 Memorize
39 8 pecks = 2 —
41 Someone who belongs
43 Sticky stuff
44 Teensy bit
46 Muscle
50 Platter
53 Erstwhile acorn
55 Foolproof
56 Snug corner
57 Emulate Picabo Street
58 Greek vowels
59 Pismires
60 Cowboy nickname
61 Choose

DOWN

1 Chicken (out)
2 Hershiser of baseball
3 Decline
4 Existed
5 Valhalla bigwig
6 "M*A*S*H" locale
7 Track runner, maybe
8 Coffee vessel
9 Past
10 Lair
12 Gridiron VIPs
19 Pitch
21 Foolish one
23 Deity
25 Duel tool
26 Streamlet
27 Unfavorable votes
28 Coconut provider
29 Sheltered
30 Clayey soil
31 Symbol of intrigue
35 Insect
38 Profit
40 Weep loudly
42 Perch
45 Create
47 Car
48 Christmas paper
49 Egg container?
50 Genetic substance
51 Charged bit
52 Drunkard
54 Country singer Brooks

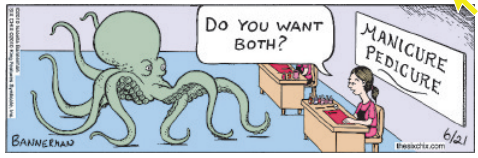
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

M	E	C	C	A		T	H	E		G	A	D
A	L	L	O	T		A	U	K		A	N	I
B	L	E	A	T		C	L	E	A	V	E	S
		A	L	A	S	K	A		Z	I	N	C
O	A	R		R	E	L		C	A	N	T	O
F	I	L	M		N	E	P	A	L			
F	R	Y	E	R	S		E	R	E	C	T	S
			D	E	E	D	S		A	L	O	E
L	I	T	U	P		R	T	S		E	Y	E
O	N	E	S		M	Y	O	P	I	A		
C	L	E	A	N	E	R		O	N	T	A	P
H	E	N		E	M	U		D	O	E	T	H
S	T	Y		W	O	N		E	N	D	E	D

5	9	8	6	4	3	7	1	2
4	2	1	5	7	8	3	9	6
7	3	6	9	1	2	5	8	4
3	4	9	2	8	7	1	6	5
6	8	7	1	5	4	9	2	3
2	1	5	3	9	6	8	4	7
1	6	4	8	3	5	2	7	9
8	7	3	4	2	9	6	5	1
9	5	2	7	6	1	4	3	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Stir-fried Chicken and Avocado Salad with Hot Balsamic Dressing

INGREDIENTS:

Chicken
500 g boneless, skinless chicken breasts
2 tsp olive oil
2 large garlic cloves, slivered
2 tbsp honey
1 tbsp grainy mustard
1 tbsp balsamic vinegar
6 strips turkey bacon, diced

Salad
2 heads Boston lettuce, leaves
1 bunch watercress
2 avocados
3 tbsp lemon juice
2 cups cherry tomatoes
1 small red onion

METHOD:

1. For salad, place lettuce leaves in large salad bowl. Trim tips of watercress and toss with lettuce. Peel and halve avocados; discard pits. Slice avocados lengthwise, 1 cm thick, and toss with lemon juice. Halve tomatoes and slice onion into thin slivers. Scatter avocados, tomatoes and red onion on top of salad and refrigerate.
2. Cut chicken lengthwise into 2.5 cm wide strips. In large skillet, heat oil over medium-high heat. Add chicken and garlic; stir-fry until chicken turns opaque, 3 minutes.
3. Add honey, mustard and vinegar; mix well. Add turkey bacon and stir-fry until bacon is cooked and chicken is tender and moist, 3 minutes.
4. Spoon chicken strips, bacon and any remaining liquid on top of salad. Serve with wedges of warm, crusty bread.

SERVES 8

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
After several weeks in which you have been free to come and go as you please you now have to stay in one place for a while.

TAURUS ♉
APRIL 21-MAY 21
You may not completely understand the changes now taking place but if you go with the flow you may find you quite like them.

GEMINI ♊
MAY 22-JUNE 21
If you work hard and aim high it's more than possible that you will come into money in the near future.

CANCER ♋
JUNE 22-JULY 22
A new solar year begins today but you don't have to rush here, there and everywhere — at least not yet. Keep your options open.

LEO ♌
JULY 23-AUG 23
Like it or not you will have to let go of something you would rather keep hold of. You know it is limiting your options.

VIRGO ♍
AUG 24-SEPT 22
If you want others to trust you more you are going to have to earn it. Your task for today is to show you are serious about joint projects.

LIBRA ♎
SEPT 23-OCT 23
Act as if the eyes of the world are upon you. Most likely they are. There is no better time to make a good impression on people in positions of power.

SCORPIO ♏
OCT 24-NOV 22
No matter how much certain things may annoy you, either at home or at work, you must keep your thoughts to yourself for the time being.

SAGITTARIUS ♐
NOV 23-DEC 21
The right time to deal with an important business or money matter is now. Investments and property issues are under especially good stars at the moment.

CAPRICORN ♑
DEC 22-JAN 20
Partnership issues will come to the fore, but that's nothing to be worried about. Be honest about what you expect from a relationship and it'll work out.

AQUARIUS ♒
JAN 21-FEB 18
You have been wasting too much time and too much energy on things of no importance. Find ways to streamline your chores.

PISCES ♓
FEB 19-MARCH 20
Start doing what you want to do and do less of what other people want you to do. What you want most, of course, is more excitement in your life.

This day in history

1749: Halifax is founded.
1919: The Royal Canadian Mounted Police fire a volley into a crowd of unemployed war veterans, killing two, during the Winnipeg General Strike.
1940: The first successful west-to-east navigation of Northwest Passage begins at Vancouver.
1948: Columbia Records introduces the long-playing record album in a public demonstration at the Waldorf-Astoria Hotel in New York City.
1957: Ellen Louks Fairclough is sworn in as Canada's first woman Cabinet Minister.

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